HarlowStar

THURSDAY, JANUARY 17, 2019

LOCAL NEWS ALL DAY EVERY DAY ESSEXLIVE.NEWS/HARLOW

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Inside this week



PICK UP POINTS

- Harvey Centre, Harlow (management suite)
- Mulberry Green Estate, Station Road, Old Harlow
- ■Genesis, 3 High Street, Old Harlow
- Kings, Unit 4, Church Langley Way, Harlow
- Kings, 19 East Gate, Harlow
- Geoffrey Matthews, 47 High Street, Old Harlow
- ■Guardian, Post Office Walk, Harlow
- Haart, 4 West Gate, Harlow
- Future Let, 52 Market Street, Old Harlow
- Reyland Johnson, 1 Acorn Mews, Harlow
- Howick & Brooker, 1 High Street, Old Harlow
- Belvoir, 40 High Street, Old Harlow

REGULARS

Your Views	18-19
Education news	20-23
Community news	24-25
Announcements	26-27
Sport	56

CONTACTS



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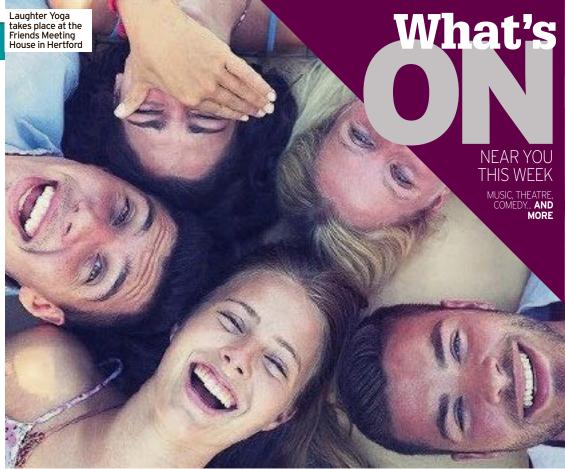
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BACK TO THE 80S

THE BEST OF WHAM! The Spotlight, Broxbourne, Saturday, January 19, 8pm

■ Featuring the best of George, Andrew, Pepsi and Shirlie, with sensational vocals, choreography, costumes and a live band, The Best of Wham! includes all the hits, a few B side favourites and a couple of early George Michael bonus songs.

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YOU'RE HAVING A LAUGH

LAUGHTER YOGA: Friends Meeting House, 50 Railway Street, Hertford, Thursday January 17,

■ The Laughter Yoga club based in Hertford get together every first and third Thursday of each month for a good laugh.

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Entry £3. For more details visit: www. thebestof.co.uk/local/hertford-and-ware/ events/feature/laughteryoga-1546425779-9743/

AN ARTY DOSE OF ROCK

ARTISANS LIVE: Horn at the Half Moon, 1 North Street, Bishop's Stortford, Saturday, January 19, 8pm

■ Hertfordshire based rock band Artisans are four lads fuelled by caffeine,



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SHARP AND HILARIOUS

THESCREEN - NT LIVE ENCORE - ALLELUJAH! (15): Rhodes Arts Complex, 1-3 South Road, Bishop's Stortford, Monday, January 21, 7.30pm

■ Alan Bennett's sharp and hilarious new play is just what the doctor ordered.

This is an Encore screening filmed live at London's Bridge Theatre during its limited

The Beth, an old fashioned cradle-tograve hospital serving a town on the edge of the Pennines, is threatened with closure as part of an efficiency drive. A documentary crew, eager to capture its fight for survival, follows the daily struggle to find beds on the Dusty Springfield Geriatric Ward, and the triumphs of the old people's choir.

Tickets £16.50. For more details visit:

www.rhodesartscomplex.co.uk/

EMERALD ISLE JEWEL

NATHAN CARTER - BORN FOR THE ROAD: Harlow Playhouse, Thursday, January 24 at 7.30pm

■ Nathan Carter is one of the biggest names on the Irish music scene and is fast becoming a big name all over the UK. Nathan performs an array of original songs and covers which show the tone and range of his vocal ability which, on occasion emotes clearly his own passion for the songs and what being Irish means to him.

Since his appearance on BBC 1's The One Show back in August, his profile on this side of the Irish Sea has grown immeasurably.

Nathan is an expert accordion player so you can expect a bit of hand clapping, foot tapping hooley as well and this friendly and good looking young man will perform a superbly entertaining show that will make you want to see him again.

Visit www.theatresonline.com/theatres/ harlow-theatres/harlow-playhouse for further information and tickets.

News



Children speak out to save 3 libraries

By JAMES GREGORY

james.gregory@reachplc.com @jgregorynews

SCHOOLCHILDREN ioined Harlow's MP in campaigning against the potential closure of three libraries in the

Robert Halfon presented a petition to Essex County Council in a bid to keep Mark Hall, Tye Green and Great Parndon libraries open to the public.

They were put under threat the county council announced the launch of a consultation into the future of the

YOUNGSTERS PRESENT

service back in November.

Every library across Essex was categorised into four tiers, with the bottom two tiers put at risk of closure.

The proposals have been met widespread criticism across the board, including from Harlow Labour Party.

Now, weighing in to the defend the libraries' future is Mr Halfon, who is also chairman of

the Education Select Committee. Last Friday, he presented a petition to Cllr Sue Barker, the woman behind the proposals, along with local school children outlining their concerns.

He said: "The closure of the libraries would be devastating to Harlow, to our community.

"Libraries are the bedrock of our communities

"They provide a wonderful council."

place for people who don't have a lot of access to books or computers.

"No one is against modernising the library service, but to actually deprive neighbourhoods of access would be really wrong-headed decision.

"That's why I've brought Cooks Spinney School and St James' School to meet with councillor Sue Barker today and I'm so grateful to these wonderful children for presenting a petition and newspaper to the

The petition is handed to councillor



Sue Barker



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The once thriving town of Harlow has been slated by some of its residents, calling it a "ghost town". A quick walk around the town now reveals a host of empty shops and units and deteriorating pockets of retail space. CLARE YOUELL took a closer look

WHILE high streets around the UK are struggling to keep up with the times and the threat of online shopping, some are certainly doing better than others.

The Star went to meet the people of Harlow to find out why the town is struggling and what can be done to fix it.

In the Harvey Centre, the vacant units include the recently departed Tina Jayne Boutique which is now online only, and Blue Inc, which has gone into administration. Other empty units there include the former Vintage Noir, Our House Retail and the former Argos on the first floor.

Shoppers are concerned that Peacocks on the ground floor could be going as they recently put up posters saying 'Closing down sale - subject to landlord negotiation?

The Water Gardens shopping centre lost its Poundworld last year after the company went into administration in the summer. It is also about to lose its Entertainer toy shop, which has already relocated into a large unit in The Harvey Centre.

On the plus side, The Water Gardens has recently filled one of its vacant units. There was a large empty shop left by the departure of Dorothy Perkins and Evans, which has now been filled by designer store Tessuti.

In the town centre there are various empty units including the former Maxim Barbers and the old British Heart Foundation shop in East Walk.

Also the previous site of the Phoenix Resource Centre remains empty, as does the old Post Office and the former cinema in Broad Walk

Number 5, 6, 11 and 26 Broad Walk also remain empty, as well as others near to Post Office Road.

The Broad Walk area, and the side streets. are considered to be one of the most rundown parts of the town centre.

One woman called Amanda, who works in the Broad Walk area and has lived in Harlow her whole life, said she had seen many changes in Harlow over the years, and most of them for the worst.

"It's terrible down this end," she told The Star. "It's really bad.

"It was better when the market was here all the time but now it's not here so much

She said there was also a lot of "trouble" down that end of town including people drinking alcohol in the daytime and taking

"There are lot of people hanging around with drugs. We see them out of the window.



There's a little ghetto here.

"Another problem is that the town is full of charity shops and nail bars. The bottom end of the town centre is like a ghost town

"The rates are ridiculously high and there are no decent shops down this end.

There are no decent clothes shops for the youngsters, you have got New Look and Primark, but that's not enough is it?

"I think the whole town centre needs renovation. The council put up some plant pots and some concrete table-tennis tables but all that's done is encourage people to hang around that area at night.

Technology moves on and

you've got an entire

generation who have never

known a time without

online shopping

Keith Hornsblow

"You can't come into Harlow town centre at night, it feels too dangerous. A lot of people feel intimidated around here."

Another shop owner, who also works in Broad Walk, said that Primark was the dividing line in the centre.

"From Primark heading up to the Water Gardens, it's busier, but heading the other way, there's nothing," he told The Star.

"People do not walk past. I hardly see people walking past the shop. Primark is a walk through so people get there, go in, and then into the shopping centre. This end of

'The Water Gardens has Asda and all the



"People are not spending any money either. I've hardly taken anything this year so far." However, some shop owners and manag-

ers feel that the problem isn't Harlow, but is the problem of struggling high streets as a

Keith Hornsblow, the owner of Marquee Models in The Harvey Centre, is one of

"Technology is changing the way that people shop. It doesn't matter where you are, you're still going to feel the impact because people's shopping habits have changed.

"Technology moves on and you've got an entire generation who have never known a time without online shopping," he said.

"You have these massive empty units which no one is going to take on.

"Perhaps they need to be broken up into much smaller units so small, grass roots businesses can have the chance to evolve.

"This would attract more people into the town for more diverse reasons.

"Are there too many empty units in Harlow? Yes there are.

"What can we do about it? I think we've got to look at the high street and perhaps have less retail and more social and community-led businesses."

Keith highlighted how the top floor of Tesco is now the Cineworld, and the top floor of the old M&S is now a gym.

"These kind of things do bring people into the town centre, increasing footfall for different reasons and they might stop for some shopping or food while they're

here," he said. "The problem is all over the country, certainly not just Harlow.

"In Harlow, the Phoenix Resource Centre are doing some very good things. But things do have to change.

"Who knows where we'll be in 10 to 15 years' time. Perhaps people will want some-



thing, pay for it and then print it out at home on a 3D printer. It sounds far fetched but who knew 20 years ago that we'd all be shopping on our mobile phones?"

One new shop which is trying to offer something different in the struggling Broad Walk part of Harlow town centre is Scarlet Vintage & Retro.

Scarlet is a St Clare's Hospice charity shop with a difference – as it almost exclusively sells hand-selected vintage and retro fashion and homewares.

Inside you'll find everything from vintage fake fur coats and vanity cases to retro furniture and glassware.

The store only opened in October and it's already proved hugely popular with some shoppers popping in almost every day and others travelling from London, attracted by the shop's vibrant Instagram page.

"This end of town is in need of a bit of TLC," said sales assistant Allie Julian.

"It's nice to be bringing people down this end. Hopefully that will rub off and a few more places will open.

"It is sad to have lots of empty shops, it is that feeling of sadness and longing for the high street as it used to be."

Allie said that it's independent shops like Scarlet that bring personality to a town.

"You need the big name shops but you also need to mix it up with some independent shops and places that offer something a bit different," she said.

"Everyone is saying to us that the town was crying out for something like this," said Allie.

"It's a place where people can come together – so many people come in for a chat, and they get talking to other people in the shop and leave with new friends."

Bryan Young, centre manager at The Harvey Centre, said: "I actually think this is a really exciting time for Harlow and The Harvey Centre.

"The town is changing massively - we are seeing an expanding residential offer in the town as people choose to leave London and set up home in new towns like Harlow and with this comes a greater demand for a night-time economy and

larger range of shops."

He went on: "Our Cineworld cinema continues to perform exceptionally well and the restaurants on the first floor of the centre offer a really unique dining experience to the people of Harlow.

"The Harvey Centre will continue to expand and evolve as will the selection of stores we have, with the goal of enriching the customer's experience.

"As a centre we actually have very few empty units compared to the national average and our footfall is strong given the current economic climate.

"In fact we've had some brilliant new stores open in the scheme in the last few months - The Entertainer opened in the last quarter of 2018 and was an absolutely perfect fit for our customers.

Centre.

"However, this is just the start of Harlow's makeover and there will be more exciting news to come from us in 2019, so watch this space"

MORE ON HARLOW'S LOST SHOPS ON PAGES 6&7









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Town regeneration vision won't come a moment too soon

IT'S not all doom and gloom in Harlow.

The centre manager of The Water Gardens, Simon Plumb, paints a positive picture following a busy Christmas: "December was a successful month for the majority of our tenants, with many reporting year on year sales increases. 2018 as a whole was positive for the

"Key retailers showed significant investment in Harlow, with new brands joining us including Tessuti, Virgin Holidays inside Next and Totally Toys inside Matalan, indicating a good level of confidence in the Water Gardens and a continued demand for retail within Har-

low. "We're hopeful this momentum will continue into 2019."

Tessuti, which specialises in designer brands such as Stone Island, BOSS and Ralph Lauren, opened its first branch in Essex last

CLARE YOUELL continues her look at the town centre some people are now calling a 'ghost town'

tination.

"Sales in the first month of opening exceeded our expectations," a spokesperson for Tessuti said. "Customers have commented we are a great addition to Harlow and the Water Gardens and we are already looking to expand our brand portfolio to meet their requests whilst continuing to deliver great customer service."

One couple, Kevin and Lynda, told The Star that bigger and better name shops are needed to regenerate the town centre.

"We need a Debenhams and we need Marks and Spencer back," said Kevin, who is born and bred in Harlow with his partner Lynda. "M&S used to bring a lot of people into the

year and chose Harlow for their preferred des- town from the villages and other areas. Our nearest M&S is now in Cheshunt.

> "It's the big stores than generate the jobs as well which would be good for the town.

Lynda added: "There are too many jewellers, shoe shops and charity shops. It's disappointing when a shop shuts and it just stays closed forever."

Both Kevin and Lynda agreed that they missed the old Harlow market.

"It used to be fabulous," Lynda said. "Everyone used to come to the market and all the shops around it were open down that end of town. But now even the post office has gone."

Another long term resident, Kim, did not hold back when saying how she thought Harlow had changed over the last 20 years.

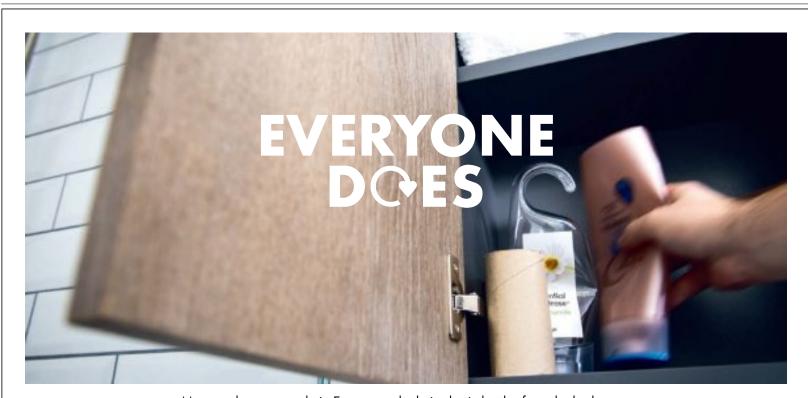


"It's disgusting now," she said. "It used to be such a nice place. I used to come into town all the time with my children but I hardly ever come now.

"The frontage above Savers and Card Factory is still the same as it was when Woolworths was here. It's just not the same as it used to be. It needs so much money spent on

Des and Tracey, who have lived in Harlow for 25 years, believe the town has deteriorated in that time and that part of that is down to people not having as much disposable income

"It's a sign of the times that people haven't



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Our empty shops



got much money any more," Tracey said. "If people haven't got the money to spend then the shops are going to stay empty. The retailers that we need to attract more people into the town won't come here because the customers are not here."

Tracey did say that the problem was not unique to Harlow, but it depended partly on if you're in a high or low income area.

"It definitely isn't just a problem in Harlow but we were in Chelmsford yesterday and there were nowhere near as many empty shops and it was really busy compared to

Des agreed. "It's taken quite a long time and a big vision to change Chelmsford though. It wasn't always the way it is now.

"Harlow needs a vision and the people need to be asked what they want. What experience do people want here that they are not getting that is forcing them to go elsewhere or shop online? There needs to be a public consulta-

"There's definitely too many empty units," Des added. "I think the council need to look at alternative uses in the empty shops, other than retail. Like leisure and cafes, communal art spaces and a nice food market. Things that will benefit the town.

"There was a Makers Market here before Christmas and that was really good. It was something a bit different."

Several residents mentioned how wonderful the Christmas Makers Market was, and the organisation behind that is the Phoenix Resource Centre.

It's an environmental charity which recycles and distributes surplus stocks, end of line goods and returns from businesses to help out local people.

The Harlow centre is run by Annette Dyer who oversees lots of local projects including art exhibitions using recycled goods, helping out residents, local schools and community projects with cheaper goods or free supplies.

The Phoenix Centre is currently using two empty units on the first floor of The Harvey Centre, one for their main shop and one for the In The Making project which is for students on the supported studies department at Harlow College. Here the students, who have conditions like autism and Down's Syndrome, sell quality hand-made products they make from recycled goods, as well as running all aspects of the shop including stock taking, till work, planning and managing cash flow.

"Not only is this a wonderful project but it's a great use of an empty unit in the centre," said Annette. "So many people have come in to say what a fabulous idea this is. We just want to do as much as we can for the community and

help bring the town centre together."

Louise Cooper, who runs In the Making, said: "I think people here want nice knickknack shops, and things they can afford.

"The Makers Market was brilliant, we just asked lots of different people to exhibit and sell their work. I think we could definitely do it more often."

One resident Charlotte, who has lived in Harlow for decades, said she missed the old Co-op in town, as well as the old cinema in Broad Walk. "M&S used to bring in so much trade to the town," she said. "Harlow has changed now, it's not an attractive place to live. We even had Monsoon and Accessorize for a while but they went."

Charlotte said that if she wants a big shopping trip she now goes to either Epping High Street or Chelmsford.

"Chelmsford is brilliant," she said. "There's a really good market and indoor market.

Along with 80 percent of the population, Charlotte also does lot of her shopping online now. "I do shop on the internet a lot," she admitted. I rarely come into town here."

As for what can be done to give Harlow town centre a boost, Charlotte said: " It would almost take too much money to renovate it now. It's going to be hard to change it and I think it's just going to get worse."

Councillor Mark Ingall, leader of Harlow Council, said: "The regeneration of the town centre remains a priority for the council. The town centre's regeneration has been the subject of much debate. We want to see a transformation of the town centre as place not just for the benefit of our existing residents but looking towards the 2030s when the town's population will have grown significantly.

"We are creating an Area Action Plan for the town centre which will guide its future development. We held public consultation on the plan last summer and there will be further consultation over the coming months.

"Undoubtedly the town centre plays an important role as both a retail and leisure destination for Harlow and the surareas but rounding

increasingly as a place to live. With so many developments in the pipeline for Harlow including the Enterprise Zone, Public Health England's National Science Hub and the Harlow & Gilston Garden Town, the town is seeing and benefiting from major investment and growth. This plan is key to ensuring that Harlow town centre is ready to meet these future opportunities and once again becomes a vibrant place in the heart of the community.

'The regeneration of the town centre is not a short-term project, it is a long-term project. Much of the town centre, its buildings and shops are not owned by the council and there are different companies and organisations

with an interest. The town centre is made up of a number of different areas and although some are in need of attention, there are also two thriving shopping centres in the Harvey Centre and The Water Gardens.

"Where we can, the council is making small improvements. At the end of last year we undertook some works to the Market Square area to make it a more inviting area to visit. We held a very successful first ever local makers' market in November, which was on the same day as the town centre's Christmas lights were switched on and we plan to hold further makers' market days and other events in the







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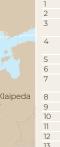
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News

Burglars armed with a hammer locked up

By PAIGE INGRAM

paige.ingram@reachplc.com

TWO men and a teenage boy have

aggravated burglary in which a man was attacked with a claw hammer.

Caleb Oduro, 19, and Rawlings been collectively sentenced to more Okonedo, 18, both of Broadfields in 10.

than 13 years in prison following an Harlow and a 17-year-old boy, who cannot be named for legal reasons, were sentenced at Chelmsford Crown Court on Thursday, January

> One of the men, armed with a claw hammer, had broken into a house in Quarry Springs at 1.53am on October 23, 2018. Upon making his way down-

stairs to the living room to let in his two associates, who were waiting outside the back door, he disturbed the resident of the house, a man aged in his 50s, who had been reading in the living room.

The victim was threatened and then attacked with the claw hammer when he refused to open the locked back door.

He relented, and the second man, who was armed with a wooden bat, and the teenage boy entered the property.

back into the living room, where all three burglars began attacking him with the hammer and bat, his mouth was then taped shut to prevent him session of cannabis.

NEIGHBOUR ALERTS THE POLICE AFTER HEARING A

The victim was

threatened and then

attacked with the claw

hammer when he

from making any noise.

motion of the assault, they called the

Rawlings Okonedo, left, and Caleb Oduro were jailed

All three were arrested at the scene on suspicion of aggraburglary and assault causing actual bodily harm.

Upon searching the house, a number of weapons, including a claw hammer, wooden bat and a pair of scissors were recovered.

locked back door Oduro Okonedo pleaded guilty The victim was then forced to all charges against them at an earlier hearing.

guilty.

Oduro also pleaded guilty to pos-

Oduro and Okonedo were both After a neighbour heard the com- handed five years in prison for aggravated burglary, and two years for causing actual bodily harm, which will run concurrently. A fur-

ther month will run concurrently for Oduro following

possession of cannabis charge.

The 17-yearold was sentenced to 44 monthsfor aggravated burglary.

refused to open the All of his other sentences will run concurrently including: six months for caus-

ing actual bodily harm, 10 The 17-year-old boy also pleaded months for robbery, four months for threatening with a blade and four months for being concerned in the supply of cannabis.



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News

Attacker who tried to rape clubber jailed

By ALASDAIR HOOPER

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A HARLOW man who told police he "did not penetrate" a woman after luring her to a car park has been jailed for attempted rape.

Ebbs Artez, of Milwards, was found guilty by a jury, at Chelmsford Crown Court on November 22, of attempting to rape the woman in The Water Gardens car park in the early hours

During the trial the jury heard how Artez had told the police he was trying "to help" the victim when he was arrested. He also told officers that he knew "for a fact" he did not penetrate her.

On Friday the 25-year-old was finally handed his sentence by Judge Patricia Lynch.

During the trial prosecutor Joanne Eley gave the jury details of how the incident unfolded

that evening. On May 18, 2018, the victim had been on a night out with her friends at Twenty One Bar - also known as CM20 - before leaving the club at around 3.30am on May 19.

Ms Eley read out a statement from PC Thomas Butler, who visited the 34-year-old at home at around 6.40am. She was lying on the sofa covered in blanket.

In the statement, PC Butler said: "She was visibly upset and crying. I sat down on the sofa and asked her what happened.

"She replied 'I had gone on a night out with my friends and then we got in a taxi to go home, but we shared it with a man who was OK at first but then got aggressive and pinned me up against a wall in a car park by my wrists."

When asked by PC Butler which car park she was referring to, the alleged victim said: "The one in town, by Asda."

PC Butler then went on to say in his state-



ment that the alleged victim then seemed to blame herself.

"She turned her face the other way and said 'Why me? What did I do? He forced himself on me," he said. "She kept saying things like, 'What did I do? Was it what I was wearing? Did I lead him on?' She kept blaming herself

He then asked her if she had had sexual intercourse, and the woman looked away and

sobbed into the sofa.

Accompanying PC Butler was PC Moore, who asked if she had consented. The woman shook her head and described the man as a black male but would not talk any further.

Later on May 19 at 1.30pm, PC Charlotte O'Brian arrested

As he was arrested he said: "If it's about last night, I cannot remember, I was drunk."

While he was in the police car, before they left for custody, he added: "I know for a fact I didn't penetrate her."

He also said during the car journey: "For the first 20 minutes I tried to help her."

Gareth Hughes, defending Artez, addressed the courtroom during the sentencing hearing at Chelmsford Crown Court and said that the pre-sentence report provided to Judge Lynch was "not particularly helpful."

During mitigation Mr Hughes instead turned to character references given by the defendant's mother and sister.

In the references provided by the pair Mr Hughes said that they "do not condone in any way his behaviour."

"These witnesses speak of that other side of this young man," said Mr Hughes. "He's somebody who normally would have been thought of well by those who know and love him."

After hearing from both prosecution and defence Judge Lynch then addressed Artez before passing his sentence.

"You come from a strong sup-

Judge says family 'were let down'

EBBS Artez's family were present in the public gallery for his sentencing hearing. While addressing the defendant, Judge Lynch told the 25-year-old that he had come from a strong supportive family background.

"You have not only let yourself down but your family down," she said. "This type of offence carries a serious consequence."

portive family and on the night you are concerned with you were acting out of character. You were also 24 at the time," she said with Artez standing in the dock dressed in a black Superdry polo shirt.

But having said all that you must understand that your behaviour that evening was appalling. The jury saw you and watched your actions and this wasn't a one off.

"You were with that young woman for some considerable time. You went and left her on two occasions but then came back when you knew that she was clearly very drunk.

"She accepted [that she was drunk] and everyone who dealt with her indicated it. I want to make it clear that doesn't make your offence ny less serious.

The fact that young women drink alcohol in clubs, the fact that they may have been leaving alone and the fact they may make their way home in a condition of drunkenness does not make them a target of fault in any way.

"But it does make your offence worse because it was perfectly clear from the CCTV that she didn't know what she was doing.

'You went back time and time again.'

Judge Lynch added: "You heard the state she was still in and the fact she will carry that night with her for the rest of her life. She did absolutely nothing to deserve what happened. Your behaviour was appalling and your offence was serious."

For the single count of attempted rape Artez was jailed for six years.

He showed no emotion as he stood in the dock learning his fate.

Before the short sentencing hearing came to an end Judge Lynch said: "Harlow town centre's CCTV footage is quite outstanding. This case would have proven far more difficult to bring before the court."

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ew ward eases pressure

By CHARLOTTE PAGE

charlotte.page@reachplc.com @iournopage

A NEW 27-bed ward has opened at Princess Alexandra Hospital to meet growing demands and ease pressure on the emergency department.

The newly built Charnley ward was officially opened on Friday by Harlow MP Robert Halfon and chairwoman of Harlow Council, Councillor Maggie Hulcoop.

The new ward has created more bed space to meet the growing needs of patients and the team took an innovative approach to creating the space by building it upwards.

The result is a modern unit 25 feet above the ground and was built in just three months.

Not only was Charnley ward designed to expand capacity, ease pressure and improve patient flow, £3.3M GENERAL SURGERY WARD AT THE PAH IS DECLARED OPEN

but is co-located next to operating vice PAHT. theatres, providing a smooth transition for patients to a ward bed following surgery.

Charnley ward is a general surgery ward with direct access from the emergency department, allowing specialist care and better clinical adjacencies, which means faster admission and improved flow in

The ceremony was attended by the trust's recently appointed chairman Steve Clarke, and the trust's chief operating officer Stephanie Lawton.

They invited guests to see for themselves the new addition to ser-

Also joining for the occasion were guests from partner organisations and patient representatives including the Patient Panel and staff.

Manager for Charnley ward, Sarah Steel, said she was delighted with the modern layout and equipment which creates an improved new space for surgical patients and her staff.

She added: "As a dedicated surgical ward, it co-locates patients next to operating theatres and makes a smoother patient journey."

The ward was named by the hospital's Patient Panel after Sir John Charnley - a British orthopaedic



surgeon who pioneered the first hip replacement operation.

The estimated cost of the ward is £3.3million, with a majority of this

funding made available from a successful capital bid granted to the trust by the Department of Health.

Mr Halfon said: "It is so wonderful to be here to open an incredible new ward which has all been thanks to the non-stop work of the staff here, who battle against the odds and rise to the challenges they face and vet they have made this hospital such a special place.

"I'm really pleased PAHT got the capital funding from government to do this and also that the hospital received £9million for A&E.

"My task is to get a new hospital for Harlow but in the meantime we're making sure with this new ward that, as they always do, patients get a service that is second to

Mr Clarke added: "I am honoured in my first duty as chairman to be opening this fantastic new facility that will enhance the great service our staff provide to our patients.

"Thank you to all staff for your support during the construction and fitout period in such a short time. Thank you also to our construction partner, Portakabin, for their great work in meeting time and cost specifications; and I commend this great facility to our partners in the healthcare community, and especially patients.



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News

Science Alive centre is closed

By AARON MAYHEW

newsdesk@essexlive.news

A HARLOW science centre has been shut down due to financial reasons.

Science Alive is situated at Harlow Leisurezone and also managed Harlow Museum & Walled Gardens.

The museum, which is located on Muskham Road in Harlow, was taken back under control by Harlow Council on Friday, January 11.

A spokesman for Science Alive said: "It was with regret that we decided last week that we had no choice but to close the Science Alive centre and charity.

"While we are pleased to hear that the museum will remain open, we have been unable to secure sufficient funding to keep Science Alive going.

"We would like to take this opportunity to thank all the staff and volunteers who have been working so hard to keep these two vital community assets alive, and hope this won't be the end of STEM opportunities for young people of Harlow to be inspired."



Only in September last year the centre was saved from bankruptcy with the help of new management and Harlow Council. However four months later Science Alive has been forced to close.

Science Alive was a STEM (science, technology, engineering and mathematics) charity and was set up in 2010 to deliver programmes and workshops to students and the people of Harlow.

In November, a flight simulator and £15,000 was donated to the centre by Raytheon UK to aid the programmes run.

Councillor Mark Ingall, leader of Harlow Council, said: "Following and improving the service."

ongoing discussions between the council and Harlow Science Alive, the museum service has been handed back to the council to run directly.

"This decision has not been arrived at lightly, it is the result of discussions over several months between the council and Science Alive, but it is the right decision which has been taken in the interest of the continuation of the museum service.

"We would like to place on record our thanks to Science Alive for running the museum since 2013."

The museum was last open to the public before Christmas.

Harlow Council has confirmed that following the handover of the service last week, work is taking place to clean the building and set up systems, IT and service contacts.

The museum will be open from 9.30am to 3.30pm on Tuesday, January 22, and Thursday, January 24.

Cllr Ingall said: "We will continue to run the museum while we look at a long-term solution for managing



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wouldn't be possible without people like you doing their bit to raise money - so sign up to collect today! Behind every daffodil, there's a wearing yours in memory of a loved one, in celebration of a Marie Curie

Nurse or Hospice, or to

with a terminal illness, it's time to get involved to help make this year's the best yet.

Volunteering is fun and easy give just two hours of your time to a collection near you and collect donations in exchange for daffo-

story - so whether you're dil pins. It'd be amazing if you could find time to get involved - but if you're too busy there are plenty of other options, too.

ROBENA'S STORY

'I never expected death to knock on my door when I was so young. I had two small children at the time. Our son, Usman, was four and our daughter, Zaynah, was 10, when my husband, Zahir, was diagnosed with terminal lung cancer. He was just 42.

"When Zahir only had months or maybe even weeks to live, he moved into the Marie Curie Hospice. He had his own room where visitors could stay overnight. I didn't

expect to make so many friends and to experience such a loving environment. He died late on a Sunday night. I was with him at the end - I'll never forget it.

"Now that it's more than eight years since Zahir died, it's really important we make

time to remember him. One of the things that gives us comfort is the collecting Zaynah and I do for the Great Daffodil Appeal. We're raising money to help more families like ours. I'll always be grateful for those last days we spent with Zahir." Robena, volunteer collector Get involved with the Great Daffodil Appeal ■ VOLUNTEER two hours of your time to

collect and encourage friends and family to

■ TAKE on the Step into Spring challenge and walk 10,000 steps every day in March.

■ FUNDRAISE by doing something you love, whether you're a baking legend, sporting great or unrivalled guizmaster.

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Sign up to collect at mariecurie.org.uk/daffodil or call **0800 304 7603**



Advertising feature

I'm back to being as slim as I was at 16, and I don't live on lettuce and water!

DON MURRAY EXPLAINS THE AMAZING WAY SLIMMING WORLD HAS CHANGED HIS LIFE

I KNOW what you're thinking: (man alive, it's painful!) Another before and after picture.

I bet he lives on lettuce and water and runs a hundred miles a week. That's if you notice these stories at

Before I started my journey, they just didn't register with me. I thought the folk involved starved themselves and the second they ate anything "nice" again, they'd put on the weight they'd lost with interest.

All diets are like that, right? Well, there is a grain of truth in that, but I don't consider myself on a diet, never have. In fact I eat more now than I ever did when I was big. But more about that later.

So, me at the start. 23 stone with a 46in waist, size 3XL, a 21in neck, a BMI of 41-plus.

The bare statistics look serious enough but add in though, that I suffered from gout, serious joint pain, sleep apnoea, (which meant I was never rested and fell asleep, basically whenever I sat on a comfy chair), I was unable to walk any distance, or climb stairs without getting out of breath, the fact that a warm day would turn me into a hot and flustered puddle and now you can see where I was.

The odd thing is that I didn't really see it as a problem. These changes happen gradually over time and you get used to them. I thought I was doing okay, I was a survivor. Nothing could really hurt me. Then everything changed.

My twin brother passed away. I don't really want to expand on it much, suffice to say it was unrelated to the issues I was suffering from and it was comparatively sudden.

So I was mortal. People my age could die. That hadn't really occurred to me, or at least it hadn't preoccupied me, but now it was in sharp focus and not just to me.

My sister, Jane, had lost one brother, the idea of losing another was something she couldn't bear to think about.

She was going to Slimming World, because she wanted to lose a few pounds, and suggested I go along.

Of course I flat out refused. I was fine wasn't I? Apart from the gout,

But she is nothing if not determined and she wore me down over a period of a month or so, dismantling my feeble excuses until I was hiding behind one: There would be all women there and no men. I would not fit in.

"Of course there are men there," she told me so I reluctantly agreed to go and see what was what. "Just for one week, okay?"

I don't really know what I was expecting, but the welcome at North Weald group was warm, everybody was friendly and they made me feel welcome.

Wendy Bailey's new member talk surprised me. There was more talk about what you could eat than what you couldn't! Were there any men? No not for months, (although we have a lot more men coming along now) but after losing 5lb in my first week and thinking to myself "there might be something to this," I never really looked back.

Everybody in group is in the same boat or has been. We all have good weeks and bad weeks and we share ideas and strategies to make the next week better, but also put the bad ones in perspective, learnt from them and moved on.

This is one of the things that makes the Image therapy we get from our consultants so valuable. I can honestly say that I've stayed to all but a handful of groups.

Some 'weigh and go' but the support and encouragement you get from Image therapy is what supercharges things with the added bonus that you make friends with people who identify with what you are trying to achieve and do everything they can to help you reach your goal.

So what's it all about? Well it all revolves around food optimising. I call it a diet for greedy people (of which I am most certainly one).

But it's not really a diet What it does more than anything is make you really focus on what you are eating, to really think about it. But wow, the things you can eat!

Pasta, rice, bread, potatoes, practically everything you think would be cut out. Curry, a Sunday roast, or a

full English? They're all in! You can eat like a "normal" person. You can even have selected options should the family fancy a Chinese or Indian, or a cheeky Starbucks!

My diet beforehand was pretty poor. A lot of takeaway and ready meals and vegetables? Maybe with Sunday dinner or at Christmas. Now I eat more veggies in a day than I would have in a month.

I prefer to eat simply - grilled fish or chicken with plenty of veg, but I also enjoy pasta bake, chilli and rice and curry.

Slimming World have a never ending supply of recipes and ideas, both online and in the cookery books you can buy in group, and in the Slimming World magazine.

I now have an idea of what I'm going to eat for the following week and shop accordingly. There is always a supply of "free" staples, like herbs and spices, pasta, rice, couscous, fruit and vegetables, (fresh and frozen) in the cupboard and fridge,

in fact my fridge and cupboards are full of "free" food!

But you'll have to come along to group to find out more about that...

We do have a safety valve for all this virtue though. Slimming World came up with the idea of "syns," Members can have a little bit of what they fancy so they don't feel deprived and tempted into, a chocolate frenzy or something similar. I use mine mostly in Starbucks, I must

So where am I now?

The stats first. I lost 8 stone, 112lb. My waist is now the same as when I was a 16-year-old, a size 34; I wear a 16.5in collar and I'm now an L as opposed to a 3XL.

I can wear what I want, they always have my size now, whereas before, they probably didn't do it in anything that big. But again, that's just part of the story.

Now I sleep better, can work harder and have more energy. It's like I'm 25 years younger. I feel alive!

No more dozing in the chair, I'm ready for fresh challenges, including taking on a group of my own. I go to the gym every other day (and really miss it when I don't) and this increases my energy levels as well.

I never thought I'd come this far, this stuff happens to other people surely? I imagine I have put years on my life thanks to the changes I have made and can think of nothing better than helping as many people as I can to reach their own goals.

Would I recommend it? Even if I wasn't taking on a consultant's role, yes, in a heartbeat.

It's not overly complicated, you set your targets, get expert help and make real friends along the way and you get to eat real food (as much as you want or need to).

Also if you carry on food optimising, the weight will stay off. But most importantly it works.

If Slimming World been going for 50 years and has helped the amount of people it has, then it must do!



ve slim tor lite

to 19th Jan 2019

Find your nearest group below or go to www.slimmingworld.co.uk Add your postcode to discover your 10 nearest groups.



NEW CONSULTANT

Tye Green Community Centre (next to library)

Tilegate Road, Bush Fair CM18 6LU 7.30pm

Don: 07445 138 658

Great Parndon Community Association (GPCA)

Abercrombie way, CM18 6YJ 9.30am & 11am

With

Carina: 07736 046 793

TUESDAYS

Paringdon Sports Club

Paringdon Road, CM19 4QT

9.30am With

Kirsty: 07824 649 434

Tye Green Community Centre (next to library)

Tilegate Road, Bush Fair CM18 6LU 5.30pm & 7.30pm

With

Kirsty: 07824 649 434

Our Lady of Fatima church hall

Howard way, CM20 2NS 5.30pm & 7.30pm

Carina: 07736 046 793

Church Langley Community Association

Church Langley way, CM17 9TH

6.30pm & 8pm With

Donna. C-S: 07920 259 071

Bantham & Ongar Bowls (behind Talbot)

Weald Bridge Road, North Weald, CM16 6GP

5.30pm & 7.30pm

With

Mandy: 07778 117 128

WEDNESDAYS

Paringdon Sports Club

Paringdon Road, CM19 4QT 9.30am

With

Kirsty: 07824 649 434

Harlow Rugby Club

Howard Way, CM20 3FD

5pm & 7pm

Donna. B: 07534 508 576

slimmingworld.co.uk 0344 897 8000 15 0

ST Thomas More Church Hall

Hodings Road, CM20 1TN 5.30pm & 7.15pm

Donna. C-S: 07920 259 071

Sumners Leisure Centre

Broadley Road, CM19 5RD

6.30pm & 8pm

Carina: 07736 046 793

THURSDAYS

NEW CONSULTANT

Church of Assumption

Old Harlow, CM17 0HA

5.30pm & 7.30pm

With Tracey: 07767 366 597

ST Thomas More Church Hall

Hodings Road, CM20 1TN

9.30am & 11am With

Donna. C-S: 07920 259 071

Tve Green Community Centre (next to library)

Tilegate Road, Bush Fair CM18 6LU

5.30pm & 7.30pm

With

Kirsty: 07824 649 434

FRIDAYS

Harlow Rugby Club

Howard Way, CM20 3FD 9.30am & 11.30am

Donna. B: 07534 508 576

The Salvation Army Hall

Tendring road, CM18 6RN 9.30am

With

Jodie: 07402 318 506

SATURDAYS

Holy Cross Academy School

Tracyes Road, CM18 6JJ

8.30am & 10.30am

With

Cara: 07792 778 225

Bantham & Ongar Bowls Club (behind Talbot)

Weald Bridge Road, North Weald, CM16 6GP

8.30am

With

Mandy: 07778 117 128



The 'irresponsible' plan to close libraries in our town is a major concern

EDUCATION in general and reading in particular is only second to health in its importance in any socially developed society in my

Therefore, the decision of Essex County Council [ECC] to seriously consider closing the majority of locally-based community libraries in this the town is very disturbing.

The format and criteria of their consultation on this important issue is based on a four tier appraisal structure with Mark Hall and Tve Green libraries rated in the third and fourth tier making them susceptible to closure.

However, Old Harlow Library, the smallest library in the town, is appraised in tier two of the structure making it, realistically, a clear candidate of staying open due in the main because it meets the set criteria which includes, inter alia, a measure of deprivation.

I wonder if the three local Conservative councillors knew the Old Harlow area may suffer from an element of deprivation.

Perhaps the project managers of ECC hadn't visited the Tye Green, Mark Hall and indeed Staple Tye areas to evaluate their level of deprivation: I suspect not.

Indeed I just hope the assessment of Old Harlow didn't include a political bias element because if it did then I would advise the residents' of Mark Hall, Tye Green and Staple Tye to bring forward a Judicial Review hearing to hold ECC to account for their actions.

Finally, closing local libraries in this town is irresponsible and inhibits the development of every demographic group but in particular the young and should be a major concern for every parent in this town.

I would urge all parents of young children to complete the ECC survey on this issue or express their views directly to their local Essex County councillor in an effort to save the library service in this town from closure.

Gary Roberts

Lyndon Wood could inspire apprentices

I LIKE to take this opportunity to thank the owner and founder Lyndon wood of Moorhouse Insurance in Wales.

I have always loved the name of



his business Moorhouse and believed in it greatly.

The owner has raised and donated huge amounts of money to cancer stem cells research in Cardiff

Lyndon Wood is a successful businessman with an empire of £50 million.

I would like to take the opportunity to ask you Robert Halfon if you could invite Lyndon Wood here to Harlow to give a talk to inspire apprentices in the way forward.

> **Jawad Sharief** Harlow

> > I would urge all

parents of young

children to complete

the ECC survey on

this issue

Gary Roberts

No time to waste on tackling climate change

CLIMATE change is a local, national and worldwide issue.

We must take action against climate change now!

We don't have time to waste, the UN have said we have 12 years until we reach the point of no return.

We must transform our energy system to 100% renewable energy.

We must use green gas, ecofriendly vehicles and ban fossil fuels.

We must reduce plastic waste and stop using nonrecyclable plastics.

Climate change is real and we have no time to waste, if we don't act now there will be consequences.

Big companies are responsible for a lot of the pollution, so they should lead the way to compacting climate change if not we should all stand together against these big companies and tell them that their profits are no more important than this planet.

The tory government are failing to act on climate change, they need to get their act together and take action now or move a side for a government that will.

Jake Payne

Harlow Labour's LGBT Co-ordinator & Candidate for Sumners & Kingsmoor ward

No clear picture of what happens to our waste

PAGE 17 of the current edition of Harlow Times (the Harlow Council newsletter) deals with waste collection and recycling; giving info on what should go in our bins.

Most of us are by now conscious of the importance of recycling. However, a much smaller number of us seem alert to the vital importance of efficiency in the recycling processes.

Should we all accept more responsibility for improving efficiency? I believe so.

Do we have the information as to how we could improve efficiency? I fear not.

We just know that what we put in our bins is tipped into a lorry at the

We do not have a clear picture in our minds of what happens when it gets to our waste recycling centre.

Could we better organise the recyclable material in our

bins, to improve efficiency?

Could a small amount of extra effort on our part greatly reduce council costs?

As just a few

simple examples: Would we be helping if we batched our plastic type 1 from our plastic

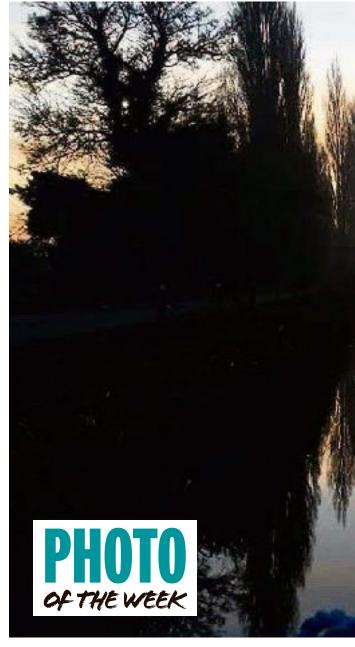
type two? Would we be helping if we removed paper bands from plastic milk bottles?

Would we be helping if we separated our newspaper from glazed paper?

Separating such groups implies "bagging", and if so, what sort of

A recyclable net bag that revealed the contents?

Well, first of all, I have a suggestion:



How about the council commissioning a film, with commentary, showing our waste arriving at our recycling centre, and then detail shots showing each of the various materials being separated, and importantly, the stuff that never gets to be recycled at all, and why.

The recycling centre staff's opinions for improvements could be aired on camera.

This film could then be put on the council website for all to see, and publicised in the Harlow Times, the Harlow Star, and elsewhere.

If we could all study what goes on there, we would perhaps feel more involved, and, in conjunction with the council, optimise our delivery accordingly, feeling that we were doing our bit, to the best of our ability. For maximum overall

efficiency.
Any inefficiencies/malpractices at the recycling centre would be shown up, and we could all bellow for improvement.

How about it Harlow Council? It would be a small amount of money well spent.

G H Chase Via email

GET IN TOUCH

- **EMAIL:** community@hertsessexnews.co.uk
- TWITTER: @Harlowstar
- FACEBOOK: /HarlowStar



Robert Halfon

MP FOR HARLOW

HAPPY New Year! I hope that you have had a wonderful Christmas break and are looking forward to the year ahead.

2018 was a brilliant year for Harlow. In December, the Government made a £9.5 million investment into the Princess Alexandra NHS Hospital Trust's overburdened A&E unit.

In October, Harlow College was announced as a Maths Centre for Excellence, bringing in £700,000 of extra money for education and skills into Harlow.

The college also opened the Stansted Airport College in the autumn - an £11 million technical further education facility with fantastic STFM courses.

Back in March, seven schools in Harlow succeeded in acquiring Condition Improvement Fund money, as part of a £514 million government scheme.

The rough sleeping strategy also saw Harlow benefit from £260,000 to combat homelessness.

All this is on top of the many millions of pounds invested in Harlow's Advanced Manufacturing and Engineering Centre, our Enterprise Zone and the move of Public Health England to Harlow.

As we look to 2019, I will be continuing to work hard to cut the cost of living for Harlow residents.

In April, hardworking families in Harlow will start to benefit from key Budget announcements - an increase to the National Living Wage, rising from £7.83/hour to £8.21/hour and a higher amount of tax-free personal allowance, rising to £12.500.

In the year ahead, I will campaign further to keep fuel duty frozen, after the success of 2018, and am also working with motorist organisations on a regulatory watchdog, 'PumpWatch', to ensure that prices of diesel and petrol can't skyrocket.

After securing three debates in the House of Commons in 2018 on the need for a new hospital in Harlow, I want to take this even further in 2019.

Last year's £20.5 billion investment announcement for the NHS was excellent news, as was the £9.5 million specifically for Princess Alexandra Hospital's A&E unit, but I want to see greater government funding in Harlow.

We need a new state-of-the-art health campus and I will continue to work with the hospital's management team and the Department for Health until we get the investment.

I am working closely with Essex Police and Harlow Council to combat the rise in anti-social behaviour in the town centre and now in Old Harlow, to make it a safer place for shoppers, staff and

In December, I hosted a meeting for local businesses in the Market Square to work out an action plan with the Police, Fire and Crime Commissioner at Essex Police and am looking forward to seeing the effect of this over the next year.

Later in January, I will also be taking on a sponsored swim of 100 lengths in aid of the Princess Alexandra NHS Hospital Trust.

All money raised will help enhance patient care, purchase special equipment, improve facilities and invest in vital research.

Please donate to my JustGiving page if you can: www.justgiving.com/ fundraising/halfon4harlow

As ever, you can keep up to date with all my news on Facebook (Robert H Halfon), Twitter (@halfon4harlowMP) and Instagram (@halfon4harlowmp).

WEBCHAT

A13 taxi driver killed in fatal crash named locally

Very sad, a tragic error. Why should everyone over 60 be retested? If people's faculties are starting to fail family should step in. If diagnosed with specific ailments the doctors should make the call. But driving at night with the change

with the headlights, indicators makes driving harder, poor weather etc people can get confused which I presume this poor lady did... My sincere condolences to both families for this horrifying accident

and tragic result RIP.

Karen Taylor

Starting this year there will be learner drivers on the motorway as

Kim Marshall Pt

Such a sad story. I understand people's comments regarding ageism but we need to be realistic, as we age in years our body and mind changes, its not ageism its

I know at 35 I cannot do certain things at the level I could age 20.

Some people age well, others don't. It's about safety and preventing things happening. I would have no problem taking a re test and if it meant I couldn't drive than so be it. Equally there are many people in lower age brackets that shouldn't be driving for reasons due to health or even stupidity, so maybe we should all have refresher tests every 5 or 10 years that way no one can shout the ageism card and it is a way to help keep only safer drivers on the

Just today I passed a young teen/20-something driving a cream Citroen c1 driving appropriately 35 in a 30 zone looking at her mate in the passenger seat AND fiddling with music. A lot of new drivers are equally as reckless and a danger to

Karen Gray Clark

Here's what you've been talking

about on Facebook this week

I wonder how many of the people demanding retesting have actually undertaken advanced driver training (such as offered by the IAM or RoSPA)? I would guess virtually Tara Young none of them. All retesting via the

the road.

DVLA does is confirm your 'basic' driving ability.

John Thompson

This is why people should be retested over the age of 60 every 3 vears!

Jo Sheehan Price

■ How to use 16 days annual leave to get 34 days off in 2019

If you work shift work or weekends this does not work. Only good for those who work Monday-Friday.

Craig Messenger



Students celebrate end of topic with a trip to the movies

@hertsessex

news.co.uk

EXCITED children visited the cinema to mark the end of their latest topic.

Year 4 pupils from Roydon Primary Academy, in Roydon, went to Cineworld Cinema, Harlow, as part of the Into Film Festival.

The free tickets enabled the group to see Teen Titans Go to the Movies.

Class teacher Matthew Girvan said: "The aim of this trip was to celebrate the end of their learning journey on Ancient Greece where they learned about stories involving heroes and villains.

"It also meant many of the children were given a new experience of going to

the cinema, email your completely free of charge. news to community

"Educational visits provide some of the best memories for children at

school and this one was no different.'

Singers hit the right note with Academy



PASSMORES Academy hosted the first performance of the Fraudway Singers recently, in aid of the charity No Child

The charity was established in 2013 and provides financial support for young people across Harlow in order to help them access educational and extra-curricular opportunities that may usually be beyond their means.

The Fraudway Singers put on a cabaret of songs from the West End and Broadway consisting of various musical theatre songs, both old and new.

Founder of Fraudway Singers, Sarah Randall said: "I've been wanting to put on a cabaret for a while.

"As I work at Passmores it seemed perfect to do this for No Child Without, which was started by Passmores staff many years ago.

"I spoke to some of our friends from other theatre groups and some colleagues at Passmores and The Fraudway Singers were born.

"We were really lucky to get the wonderful Ruby Violet as our compere for the evening, who did a great job keeping the audience entertained between numbers as well as performing.

"A special mention should be given to our wonderful technical team of students from Passmores as well as John Mann from JMS who provided all our sound equipment."

The evening was a great success and they raised over £950 for the charity.

The Fraudway Singers have now also been asked to perform in February, March and in August in various places across the town as a result of this performance.



A sense of pride as Bard's work brought to life

YOUNG actors took to the stage to take part in the Battle of the Bards.

Year 7 to 11 students from Burnt Mill Academy, in Harlow, and Epping St John's School, in Epping, indulged in Shakespeare to put on a joint production.

Burnt Mill students performed Henry IV before Epping St John's students put on a version of Othello

for the same audience in Epping.

Storylines were adapted, but the plots and language were kept true to Shakespeare.

Cristin Casey, director of performing arts for both BMAT schools, said: "We try to take learning of Shakespeare outside of just the language and bring the language to life through

performance. The fact our children can sustain Shakespeare performances in this way is really

"Students should be engaging with Shakespeare; it's a birth right and it enriches their lives.

'We are committed to providing these high-quality opportunities and enabling students to benefit

from the value of live performance.

"The sense of pride of having an audience applaud you is something you don't experience in any other walk of life and it is something special."

Phil Watson, lead practitioner of drama, gave a speech about how language is power and that Shakespeare's work is "beautiful".

Stephen Hehir, executive head, said: "This is a great way for students to learn and live Shakespeare.

"Not only is this vital for their academic studies, but it is also important from a social aspect as it gives students confidence in their own performing abilities. Well done to all students concerned."

Passport to host of new experiences

CHALLENGE TO TAKE ON TASKS

CHILDREN have been given a special passport to open the door to new life experiences.

Every pupil at Little Parndon Primary Academy, in Harlow, has their own Community Values Passport.

The passport lists various tasks they are to complete at each age to ensure they have a wealth of knowledge and experience before they start secondary school.

Kirstie Clark, co-head of school, said: "We are always looking to help our children to gain life experiences while they are with us at school. Instead of homework always focusing on English and maths, we are

setting challenges for pupils to complete at home with their families,

"Not all children have these life experiences outside of school, so we are trying to give them access to as many as possible.

"The idea is that by the time they reach secondary school, they will have had a variety of cultural, social and moral experiences."

The passport challenges pupils to jump in puddles, tie their own shoe laces, raise money for charity, go pond-dipping, den building and for bugs, among other





STUDENTS in Harlow have been chosen to take part in a national project focusing on sculptures.

email your

news to

Burnt Mill Academy, in Harlow, is working on the three-year ArtUK Your Sculpture project.

community @hertsesséx Funded by the Heritage Lottery, the pronews.co.uk ject will result in a digitisation of sculpture from the last 1,000 years in public ownership in the UK.

CultureStreet is producing films about sculpture as seen through the eyes of young people to be used by

young people and teachers as part of the National Curriculum.

> Harlow Civic Centre is one of just 25 venues featured nationally and the only one in this region.

Year 9 students from Burnt Mill worked on a video around The sculpture in the collection of Harlow Arts Trust. The work is one of more than 80 in and around Harlow, prompting students to look into why the town has more sculpture than most UK towns.

Cristin Casey, director of performing arts for the BMAT group of schools, said: "Students were captivated by the day.

"They learnt about the sculptures from the materials used to create them, practical carving workshops Family Group by Henry Moore, a and the context and importance of

their performance and presentation

"By the end of the day, students were creating exciting footage and speaking about the sculptures and the significance of these pieces of art within their town.

"They have now been challenged to act as advocates for sculpture in the town. In order to celebrate our community, we have shared methods in which teachers at Burnt Mill can use these sculptures within their

these works while demonstrating lesson in all subject areas from chemistry to RE."

During the week before filming, 15 students were given training on filming and an insight into the project. On the day, they filmed immediate reactions to the work, looked at other public sculpture in the Water Gardens area, interviewed Kate Harding from Harlow Arts Trust and filmed a practical workshop at Gibberd Gallery.

Watch the film at www.culturestreet.org.uk/artist.php?id=153

Brilliant students bid for a place in prestigious club

TEENAGERS from Harlow have submitted their final assignment to Cambridge University.

Year 9 and 10 students at Burnt Mill Academy were selected to take part in the prestigious university's Brilliant Club.

The students attended a launch event at Corpus Christi College where they were introduced to the Brilliant Club, a university access charity with a mission to increase the number of young people from under-represented backgrounds attending highly selective

They found out about

consolidating note-taking to enable them to take productive notes during lectures, before a PhD student explained the programme's topic of the differences in religion.

Clio Eckersley, lead practitioner in English, said: "Our students had to complete reading and an assignment for homework, as well as completing seminar discussionlead group work.

"All of that built up to one final project which will be marked in university style and give them a grade to put on their CVs.

"The Brilliant Club gives students an awareness of university and

exposure to Cambridge, in particular.

"They met with university students and spent time finding out about where they live and what they do in their social time.

"It is very student led, so they had to be very independent and motivated. I have seen the students bring back what they have learnt into our classroom.'

Students submitted their final assignments at the end of this

A graduation ceremony will be held at King's College in London in February.



Stroke Support Group receives a much-needed boost from Trust

CASH IS VITAL AS CHARITY HAS BEEN STRUGGLING TO COVER COSTS RECENTLY

THE Harlow Stroke Support Group recently received a cheque for £2,500 from The Grace Trust, presented by CEO, Doug Smart and MP for Harlow, Robert Halfon.

The donation came after Robert Halfon had been working hard to secure funding for the stroke support charity, which has been struggling to cover costs recently.

The Harlow Stroke Support Group was set up in 1996 and meets weekly at the Great Parndon Community Association for exercise classes, speech and language therapy and social rehabilitation.

It provides information, nonmedical advice and support at all stages of stroke recovery.

Mr Halfon said: "The Harlow Stroke Support Group is an incredible charity that looks after stroke survivors in Harlow and offers them the chance to lead an active life in the community.

"They are so deserving of this money and I am very grateful to The Grace Trust - this money will really go a long way. It was so nice to bring good news before Christmas.

"I would really encourage

news to community @hertsesséx news.co.uk

to donate and continue to support their work."

Doug Smart said: "[The

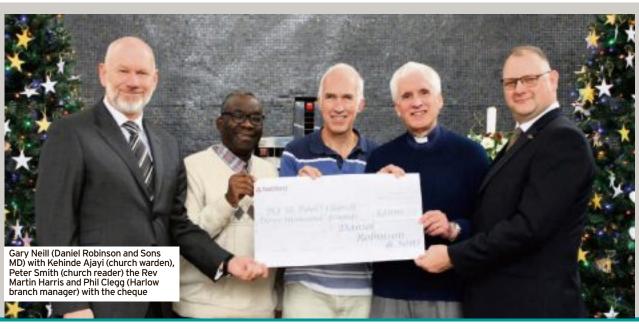
our church community.

"We're associated with the Plymouth Brethren Christian Church. anyone that is in a position to do so, Grace Trust] raise a lot of money in The money which we raise from the

church is donated to good causes. going towards the education of young people, people in illness, pov-

"I'm very pleased to be here today to make a donation to what is obviously a very worthwhile





Remaining £3k donated to church roof fund

WHILE nearly 500 people attended the Carols and Candlelight Services in at St Paul's Church, Harlow, Daniel Robinson and Sons' managing director, Gary Neill, noticed that the church roof was in desperate need of repair.

A fantastic £17,000 had already been raised for the works, but that was still £3.000 short of the total amount needed.

So Daniel Robinson and Sons was delighted to be able to donate the remaining sum using funds that were remaining from the company's 125th anniversary year celebrations

Bishop's Stortford

■ FOOTBALL CLUB: Brian Hockley is hoping to organise away travel for Bishop's Stortford FC this season.

Supporters, club members and season ticket holders have the possible games coming up: Saturday, January 26 - Burgess Hill Town; Saturday, February 9 - Leatherhead; Saturday, February 23 - Dorking Wanderers; Saturday, March 9 -Corinthian Casuals; Saturday, April 10 Lewes; Saturday, April 27 Carshalton Athletic.

Anyone who would like to go to the away matches on the supporters' coach can contact hockley261@ btinternet.com for further information. The coach will always leave from the Bishop's Stortford FC

■ GLOBE CAFE: BSCA Church has started a new initiative to welcome people coming to the town from other countries. The Globe Café will serve coffee and a variety of cakes at Hockerill Christian Centre in Dunmow Road on Tuesday afternoons from 4.30 - 6.30nm

■ BREATHE EASY: Bishop's Stortford Breathe Easy Group headed by Councillor Diane Hollebon, is a group for anyone who is living with a lung condition, and would like to meet and support each other.

They meet on the third Thursday of every month from 2-4pm at Charringtons House, Council Offices, Rooms A and B. The Causeway. Bishop's Stortford CM23 2EN.

■ MUSIC EVENT: Heavy rock band Nova will be playing The Horn on January 30 to celebrate the release of their new single IN-DE-NI-AL which was recently recorded at London Road Studios

Buntingford

■ **DEMENTIA SUPPORT:** Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with dementia, memory loss or mild cognitive impairment as well as their

At Layston Grove, Keen Avenue, Buntingford SG9 9SU every Friday from 2-3.15pm, £3, no charge for carers, parking available. To book or for more information call 0300 123 40 44 - or just turn up on the day.

Cheshunt

■ STAY AND PLAY: Baby and toddler group at Tinytoons pre-school, based in the Laura Trott Leisure Centre, takes place every Monday 1.30pm - 3pm. Call 07508 707153 for more information.

Cuffley

HORTICULTURAL SOCIETY:

Next meeting Thursday, January 31 at 8pm - talk by Valerie Christman on The Pulham Legacy - Victorian success by a Broxbourne family in garden construction. At Cuffley Hall, Maynards Place, EN6 4JA. Doors open 7.30pm. Visitors welcome. For more info ring Carol 01707 875742 or visit www.cufflevhortsoc.org.uk.

Staff make a difference at a special time of year

Nursing home paid a visit to the Lister Hospital over the festive period, delivering Christmas gifts, decorations and a few treats for the patients and staff on the elderly care ward.

The staff were so grateful and overwhelmed.

In their words it was: "Nice to know that someone still cares about

Quite a few of their patients didn't and decorations.

THE staff at Bentley House Care and have visitors over the festive period, so these gifts, however small made a big difference to them on Christmas Day

Residents of Bentley House gave generously in their donations to the raffle, which meant they could also donate £100 to the ward for new equipment.

They gave 30 Christmas themed mugs, gift-wrapped with chocolates, an artificial pre-lit tree, tinsel



YOUR NEWS

We compile Your Community News pages two weeks in advance of publication. If you want to include a future event please make sure you tell us in plenty of time so our readers can come along

news to

Datchworth

BADMINTON SESSIONS: The **Datchworth Badminton Club meets** on Wednesdays, new members are always welcome. The club night begins at 8pm with a session for junior members, between 11 and 15, from 6pm. For more information call

Harlow

■ WALKING FOOTBALL:

Janet Dinsey on 01438 350247.

50-plus fitness group. A email your great way to keep fit, newcomers welcome community to come along and give @hertsesséx it a try, £3 per session news.co.uk 3G pitch. Hosted by Paringdon Sports Club. Session times Mondays 4-5pm; Thursdays 10am - noon; Sundays 2-3pm.

Please call Dave on 07980 578201 for more details.

■ CHARITY EVENT: The Not the Royal Variety Performance is on February 15 at 8pm to raise funds for local homeless charity, Streets to Homes, It's is organised and hosted

by local comedian Clare Harrison McCartney and promises to entertain.

The Fraudway Singers are headlining with their show. Local vocalist Cara Sheridan and the voices of Harlow choir are also gracing the stage, as well as Edinburgh Fringe comics The Monks and comedian Madge Hooks, Britain's Got Talent magician Al Prendo Taylor and

transgender fluid comedian Jenny B Side are also on the bill.

Tickets are only £5, but if you can afford to pay more then that is appreciated because they need to raise as much as they can for

Streets to Homes. There will be a raffle and if anyone can donate a prize, that would be fantastic.

Tickets can be purchased on the door at Burnt Mill Social Club Harlow. but people are encouraged to book online to secure a seat. Book via at www.eventbrite.co.uk/e/the-not-theroyal-variety-performancetickets-54073815237

■ PHOTOGRAPHIC SOCIETY:

Gary Nicholls is one of the UK's most respected steampunk fine art photographers and he will be visiting Harlow on Thursday, January 24 to give a talk at the Harlow Photographic Society, Moot House at the Stow, Harlow. Visit harlowphotoclub.org.uk/ for more details about the society.

This event will see Gary present a studio night and explain how he works with his models and how he has produced his unique book The Imaginarium, visit www. imaginariumtrilogy.co.uk/ for more information. Anyone interested in attending can simply turn up.

■ SELF-ESTEEM COURSE:

Integrity are offering a two-day course in self esteem on Saturday, January 26 and Sunday, January 27 at Churchgate Primary School, Harlow from 9.30am - 5pm.

Contact Nicky Needham, Self esteem coach on 07752577766 for more information. Course costs £200. Payment plan possible. Full refund guarantee.

JANÚARY GIVE-AWAY: To counter the miserable effects of Blue Monday, The Harvey Centre's

promotional staff will be handing out giveaways on Saturday, January 19 between 11am - 4pm, Shoppers will have their coffees, meals, parking, car washes and more randomly paid for throughout the day. The centre has also arranged for characters from The Lego Movie 2 to meet shoppers in the Terrace. Free face painting

will also be provided for shoppers to

Plus, amazingly, The Entertainer has arranged for Lego Ninjago's Lloyd to attend the centre for shoppers to

Hertford

■ DEMENTIA SUPPORT: Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with dementia, memory loss or mild cognitive impairment as well as their carers.

At All Saints Church, Queen's Road, Hertford SG13 8AY. Every Tuesday 10am to noon. £5, no charge for carers, parking available.

To book your place or for more information call 0300 123 40 44. You can also simply turn up on the day.

COMMUNITY LOTTERY: A new way to help your favourite community group is coming to East Herts with the start of the community lottery next month.

You can find out more at a launch event at Hertford Theatre where the lottery promoter, Gatherwell, will be explaining how it works and how you can support it.

Charitable and community organisations that would like to register on the site should go to www.easthertslottery.co.uk

It's on Monday, January 28, 7-8pm and light refreshments will be served.

If you'd like to attend please RSPV to claire.pullen@eastherts.gov.uk by Monday January 22.



Hertford Heath

■ WI MEETING: Hertford Heath WI meets on the second Tuesday of every month at 7.30pm in the Mission Room, Vicarage Causeway. Come along to find out more.

Hunsdon

■ PILATES CLASSES: Monday

2-3pm, Hunsdon Village Hall. A friendly and welcoming class. Pilates helps you achieve a balance of mind and body, plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

For more information or to book a complimentary first class (spaces limited) call Anne at Active Health Pilates and More on 07717 333234 or email: activehealthpam@gmail.com or visit www.

activehealthpilatesandmore.com

Rovdon

■ FITNESS CLASS: 50-plus fitness group, Move It or Lose it, takes place on Tuesdays from 1.30 to 2.30pm at Roydon Village Hall. All abilities, men and women welcome (seated and standing exercises). £5 per session. Call Belinda on 07974 721527 for more information.

PILATES CLASSES: Small group. Monday 8-9pm, maximum five people, £52 for five weeks, Includes small equipment and programme ideas.

Men only pilates, Tuesday 9.30-10.30am, maximum five gentlemen. Pilates Specialist Studio on the edge of Roydon. £10 per session or £52 for six sessions.

Back pain specialistpilates, Wednesday 9.30-10.30am, maximum five people. £10 per session or £52 for six sessions.

Restore your pelvic floor. Five-week pilates-based course, Wednesdays 8-9pm, maximum five places. £10 per session or £52 for six sessions.

Back pain specialist pilates. Thursday 9.30-10.30am, maximum five people. £10 per session or £52 for six sessions.

Back pain specialist pilates, Thursday 8-9pm, maximum five people. £10 per session or £52 for six

Pilates Specialist studio on the edge of Roydon. For details contact Heather 07801 493893 or info@ pilatesspecialist.co.uk.

SATURDAY MARKET: January 12, 10am-2pm in the Village Hall CM19 5HH. Bread, eggs, honey, juice, chutneys, meat, sausage rolls, pasties, shepherd's pies, cakes, flavoured gins, sweets, wood turning, gifts, soft furnishings, candles, children's clothes, crafts, candles, horseshoe art, paintings, Forever Living, greetings cards and historical maps and prints will be with us. Refreshments will be run to raise money for the Harlow Scout Group. Free entry

■ MUSIC EVENT: Following on from the successful launch of Bishop's Stortford Sinfonia's 'Inside the Orchestra' last year, there is another opportunity to take a passenger

seat in the orchestra, this time for Tchaikovsky's Pathetique Symphony. Rebecca Miller will lead a workshop that will reveal the challenges for the orchestra of playing this dramatic work, and some of the story behind the composition of one of the most deeply personal and emotionally charged symphonies in the repertoire.

On Sunday, January 27, 3,30pm at the Memorial Hall, Bishop's Stortford College, Maze Green Road, CM23 2PJ. Tickets £17, students £5, children under 18 free.

For further information and early bird ticket prices see www. bishopstortfordsinfonia.com

Rushden

LACE MAKING: The Rushden Lace Club meets on the first Monday of the month in the village hall, and all types of lace are made under the expert tuition of Bridget Cook.

Beginners are welcome to join the group, where tea, coffee and biscuits are supplied - although you will need to take your own lunch.

For more details call Eva on 01763 288357.

Sandon

GREEN FINGERS: Sandon Gardeners' Club meets every second Monday of the month at Sandon Village Hall at 7.30pm.

If you have an interest in gardening, go along and join. New members are always welcome. Contact chairman John Handley at: johnhandley5@

btinternet.com for more.

Sawbridgeworth

■ MORRIS MEET: Fiddlers' Brook Morris meet every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth.

Newcomers are welcome to go along and give it a try for fun, exercise and friendship and to help keep a tradition going. Musicians also welcome, Call 01279 723707 or email neilandgillmunro@aol.com

■ DEMENTIA SUPPORT: Hertswise offers fun, stimulating activities delivered in a relaxed and friendly environment, for people living with Dementia, memory loss or mild cognitive impairment as well as their carers. At The Hailey Centre, 18 Bell Street, Sawbridgeworth CM21 9AS, every Wednesday 9.30 to 11.30am. £5, no charge for carers or NOK. Public car park next door. To book or for more information please call 0300 123 40 44. Or just turn up on the day.

Standon

■ CREATIVE LITTLE ONES: Art,

craft and messy play classes are held for under fives. The sessions are held on Wednesdays between 1pm and 1.45pm at Standon Village Hall.

Email Becky to book a free trial at: artexplorers1@gmail.com or visit: www.artexplorers.co.uk for more.

■ TEEN DANCE: DDMIX (Diverse Dance Mix) dance fitness classes are held every Wednesday at Standon Village Hall for teenagers between 5.45 and 6.30pm, term time.

No dance experience is required, just lots of enthusiasm and a pair of trainers. It costs £5, which can be paid on the door each week. Call Julie on 07971 699615 or visit: danceiamacademy.co.uk for more details

■ FIT FOR ALL: Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue.

It is suitable for everyone, easy to follow, sociable and light-hearted. Call Denise or times and classes on 01920 823072 or 07703 277862.

MUSICIANS AND MOVERS:

Put a jingle in your step and become a morris dancer. Have a bash at Cotswold dance traditions with Standon Morris at practice sessions on Thursday evenings. The mixed side welcomes anyone from 10 years

No experience necessary, and it is free. The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm. Musicians are also needed. To find out more, call Catherine on 07808 969379 or email standon.morris@gmail.com

Ware

■ WEDNESDAY WELCOME: Every week from 2-4.30pm a quiet space with refreshments, newspapers and magazines at St Andrew's Church, St Andrew Street, Hertford. Call 01992 504373 or visit www.hertstandrews. co.uk for more details.

Widford

■ PILATES CLASSES: Mondays 6.45 to 7.45pm and 8 to 9pm.

Pilates helps you achieve a balance of mind and body plus focusing on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture. For more information or to book your first complimentary class (limited places) contact Anne at Active Health Pilates and More on 07717 333234 or email activehealthpam@gmail.com or visit www.activehealthpilatesandmore.

KINGSHILL WI: They welcome new members to join them in their 50th year. They meet at the Age Concern Hall, Priory Street on the fourth Thursday of each month at 7.15pm. They will start the new year on January 24 with a games evening which gives members time to chat and later on have a cuppa.

Wormley & Turnford

FILM WORKSHOP: Build your own media skills with Mustr. Learn how to use camera and sound. Improve your creative writing skills. Learn how to tell your story. No skills required.

Running for five weeks, starting on January 17 from 6.30 to 8pm at Wormley Community Centre. Age 16+ - free places. Contact Michal for further information either by email to michal@wtbiglocal.org or call 07903 390649.



funeral-notices.co.uk

Can't find the notice you're looking for? notices online are updated daily

Place a notice over the phone by calling: 01462 504155

Deaths

George Arthur **BAKER**

Of Greenhills Harlow George's family are sad to announce his death on 2nd January 2019 at Princess Alexandra Hospital after a short

illness. He will be sorely missed by all.

Funeral service Harlow Crematorium 23rd January at 1.00pm.

If desired donations to the Heart Foundation c/o

F.J. Pinnock & Son 10 Bush House Bush Fair Harlow CM18 6NS

Joy **BURLES**

Passed away peacefully on 22nd December aged 87 years. She will be sadly missed by all her friends, especially from Pets Corner, Harlow. Funeral service will be held at Great St Mary's Church Sawbridgeworth on Wednesday 30th January 2019 at 11.00am followed by a burial in Sawbrideworth Cemetery. No flowers please, but donations would be greatly received for "Friends of Harlow Pets Corner" c/o Daniel Robinson & Sons 79/81 South Street, Bishops

Stortford Herts

CM23 3AL.

Alternatively, donations may be made

using the

In Memory pages at www.drobinson.co.uk



More than 3000

loving tributes and

photos are added

every month on our site, you can

leave your own

tribute or add a

picture today

completely free

of charge.

funeral-notices.co.uk

Ken **COOPER** (Chick)

Passed away peacefully, after a long illness, on Monday 7th January 2019, aged 76 years. Dearly loved Husband of Judith, Dad of Richard, Jennifer and Son-in-law Darren, Grandad of Jack and Brother to Ron, Peter and Winnie. He will be sadly missed by all his family and friends.

Funeral service to take place at Parndon Wood Crematorium on Tuesday 22nd January 2019 at 1.00pm.

Family flowers only please but donations, if desired, may be made payable to either "Parkinson's UK" or "Alzheimer's Research UK" and sent c/o

Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP, Tel: 01279 426990 or via the "In memory donation page" at www.drobinson.co.uk

To make a donation for a loved one resting with

DANIEL ROBINSON & SONS

Please visit the In Memory pages at:

www.drobinson.co.uk

Wych Elm 01279) 426990

79/81 South Street Bishop's Stortford (01279) 655477

Bullfields Sawbridgeworth (01279) 722476



Charlotte **GLANFIELD** (Lottie)

Passed away peacefully on Monday 7th January 2019, aged 102 years. A dearly loved Mum, Nan, Great Nan and Great Great Nan.

Funeral service to take place at Parndon Wood Crematorium on Thursday 24th January 2019 at 10.45 am.

Family flowers only please but donations, if desired, may be made payable to "Alexandra House" and sent c/o Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP, Tel: 01279 426990

or via the "In memory donation page" at www.drobinson.co.uk

Sheila **HEAPHY** Passed away on

23rd December 2018 aged 83 years. The funeral service will take place at Parndon Wood Crematorium on Friday 25th January at 12:15pm. Family flowers only please. Donations if desired for
The Donkey Sanctuary
may be sent c/o
Daniel Robinson & Sons, Wych Elm, Harlow

CM20 1QP or via the In Memory Pages at

www.drobinson.co.uk

Tel: 01279 426990



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Brian HUTLEY 7th March 1934

7th March 1934
3rd January 2019
Aged 84 years
My dear Husband, Father
Grandfather & Great-grandfather
All of my love
Beryl xXx

Funeral service to take place at Holy Trinity Church, Bishops Stortford on Wednesday 23rd January 2019 at 1.30 followed by a burial in the Cemetery. Flowers may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford, Herts CM23 3AL Tel 01279 655477

Jacqueline MARTIN

Passed away on 7th January 2019. Jackie fought adversity bravely all of her life with a smile. She is now at peace and walking again with her beloved David. Funeral service to take place at Holy Trinity Church, Bishops Stortford on Monday 21st January at 9.45am. A burial will follow at Bishops Stortford Cemetery. Flowers or donations for Cancer Research UK or Muscular Dystrophy UK may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford, Herts CM23 3AL



Dusty MILLER

Died peacefully after a short illness, in Princess Alexandra Hospital on Wednesday 2nd January 2019, aged 92 years. He will be greatly missed by all his family. Funeral mass to be held at St Joseph's Church, Bishop's Stortford on Thursday 31st January at 11.15am. Family flowers only please, but donations for The Gurkha Welfare Trust may be made online using the "In Memory" page at www.drobinson.co.uk or cheques made payable to the charity can be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford, Herts CM23 3AL. Tel 01279 655477



MILTON

Sadly passed away on 28th December 2018. Beloved Husband of Doreen and much loved Dad Grandad and Great Grandad He will be greatly missed. Funeral service to be held at St Giles Church, Great Hallingbury on Wednesday 30th January at 2.00pm. Family flowers only please, but donations for Dementia UK made be made using the "In Memory" pages at www.drobinson.co.uk or sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishop's Stortford, Herts, CM23 3AL. Tel 01279 655477



DOROTHY MITCHELL

Passed away peacefully at home on 1st January 2019, aged 92 years.

Dot will be greatly missed by all her loving family and friends. Funeral service to be held at Parndon Wood Crematorium on Monday 28th January 2019 at 1.45pm Family flowers only, donations payable to British Heart Foundation may be sent c/o Daniel Robinson & Son's, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990

Alternatively, please visit the 'In Memory page' www.drobinson.co.uk

Linda Susan



Passed away peacefully on 1st January 2019 aged 64 years. Much loved Daughter, Wife, Mum, Nanny, Auntie, Cousin & special friend. She touched the hearts of so many. Linda will be laid to rest at Parndon Wood Crematorium on Wednesday 30th January at 1pm. Linda has requested no flowers however donations welcome for St Clare Hospice may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP or via www.drobinson.co.uk.

Tel: 01279 429660



Lilian Beatrice

Passed away peacefully on January 3rd aged 90 years. She will be greatly missed by everyone who knew her especially by her sons David and Rhys, grandchildren Ines and Maia and daughter-in-law Vibe

The Service will be held at Parndon Wood Crematorium on January 17th at 4pm.

In lieu of flowers, donations can be made to Dementia UK. https://www. dementiauk.org



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Deaths

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vou can make a donation by visiting the In Memory pages at

www.drobinson.co.uk



funeral-notices.co.uk

DIXON TERRY JAMES KENNETH

Sadly passed away on 4th January 2019.

For Service details please call Hunnaball of Witham 01376 511592

Luis VICTORY

Died peacefully on 4th January 2019. Treasured by all his family. The service will be held at Harlow Crematorium on Monday 21st January at 3.15pm.



Add videos to a notice online

funeral-notices.co.uk

To make a donation for a loved one resting with **DANIEL ROBINSON & SONS** you can make a

donation by visiting the In Memory pages at: www.drobinson.co.uk

In Memoriam

PINNOCK Eddie - Much loved father & grandfather. Always in father & grand our thoughts.

Change of Policy on Bereavement Notices.

From Monday 17th December we are changing our policy on bereavement notices and when they appear in the newspaper.

Due to the way society today communicates and shares information through social media, almost instantaneously, we need to act and reflect on this change of culture by releasing our notices as soon as possible.

Traditionally we have held them back until the main notice has appeared, this will no longer be the case. Therefore all notices will appear in the newspaper at the customers request.

Also an online notice can appear the next day on the website



Light a candle in their memory online for free

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with funeral homes in Sawbridgeworth & Epping www.drobinson.co.uk



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01279 427362



Happy Birthday Mum

DAWSON

Paul

Have a great day.

Lots of love

Mum. Steve and Chillie.



Rose

Happy 90th Birthday Mum Wendy Sue & all the family xxxx



Births

Congratulations

ASKER **Hugo James** Born Xmas Day

Nicholas and Lucy With lots of love from Proud Grandparents Cliff and Jill and all the Family







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loving tributes and

photos are added

every month on

our śite, you can

leave your own

tribute or add a

picture today

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Add multiple pictures to a notice online

funeral-notices.co.uk



family-notices.co.uk

Live and kicking

HEN Richard Jobson revived art punk band The Skids in 2016, he only expected to play a handful of gigs in Scotland and then go back to his other projects.

After all, the 58-year-old frontman has come a long way since he appeared on Top of the Pops in 1979, kicking his legs wildly, as he sang breakthrough single Into The Valley, shark-tooth earring swinging furiously as he did so.

TV presenter, filmmaker, novelist, poet - they all appear on an impressive CV of a man who these days calls Berlin home.

But the gigs keep on coming and Burning Cities, a new album released last year, produced and partly written by Killing Joke bassist Youth, was well received.

"I didn't think I'd be doing what I'm doing most of the time but touring again has been fabulous fun and it keeps a smile on my face in a way I never thought it would," admitted Richard, who brings The Skids to Chinnerys in Southend, on Friday, February 22, and Colchester Arts Centre on Sunday, February 24. "So while the smile is on my face, it may continue but when the smile goes, that's it!"

The current line-up also features bassist William Simpson and drummer Mike Baillie, plus guitarists Bruce and Jamie Watson, better known from Big Country. And Richard says as long as they continue together, they'll be the real deal.

For the me important thing is that it's not part of the heritage/nostalgia tour," he said.

It's more than that. Making that new album has got a bit of an edge and it feels quite contemporary, in my opinion at least, so at least in the context of The Skids it made us a bit more relevant rather than just being part of people's fond memories.

Often those bands who are part of people's fond memories disappoint them because they're there for all the wrong reasons. It's quite a cynical exercise.

"So we have kept clear of that and avoided it at all costs and I think people get it when they come to see us because The Skids were always a live band anyway and the music drives us along to create that kind of energy again.

"It's a magical thing. There are dates that have been very different and not as epic as something like playing The Roundhouse but I can't tell you one date I've not enjoyed. I've enjoyed every single one of

"We played a small gig in Dundee the other night to 400 people which



was an amazing, intimate atmosphere and a great chance to have some banter and I love it. As I say, when the smile goes, that's it.

"It's not a money-making exercise not that it's generated a whole lot of money anyway - but it's been great fun and when people have followed you for that length of time and vou've reawakened something in them, they're not fans any more they're friends because they've been hanging around stuff you've been doing forever.

"The other thing is that if you're as relaxed as I am about it, then you won't get uptight about anything. Everything's just cool. You go to some sh*tty dressing

room that's got halfeaten crisps and a half-eaten apple in it - but I don't care.

"I remember

this a second go and the the early days response has been when we were putting out own overwhelming gear up and tak-Richard Jobson ing it down and it's not that far away from that at the moment. We've played small and intimate venues, and then we're playing the Royal Albert Hall in June

We thought let's give

"It's a very important thing for me that it feels real. If it didn't feel real and I had to fake it, I'd have a very different opinion about it.

"I never expected to be doing this at this point in time. But the way it works I can do other things anyway, which is great. I'm still getting to write and prepare other projects so it's all good."

Richard had revived The Skids in the past - but this time things have gone further.

"I didn't expect it to go beyond a few dates in Scotland," he said, "but our friends in England, Ireland and Wales said 'how come we never get a chance to see you because you do those dates in Scotland every five years or so and they sell out very

"So I think we wanted to go and try it at first. So when we took our tour over the border into England we started to see that there were people who were obviously interested - for probably nostalgic reasons - but there are also a lot of people who would have been 12 or 13 when they bought their first single and it may well have been a Skids record, and the first record you bought is always such an important

record in our lives, well then you wouldn't have got a chance to see us because The Skids

> didn't really last for very long.

"Even though we knocked out quite a few albums we didn't last that long so I've got the feeling that when the tour started to move from place to place there was an overwhelming sense

of 'I missed this the first time around so I've got to see it'.

"We put a lot into it. I don't mean in terms of production values, we're just a band who plays music, but the energy levels. It was a very uplifting experience. We really went for it, we were tight and the songs were good and songs like Working For The Yankee Dollar, Charade and Masquerade all felt like they were part of the modern world.

"There was a real interest in the band and it was at that point in time that I started to think I'd been to see other bands from my generation and I've been bitterly disappointed because they walk on stage 10 stone

overweight and they don't seem to give a sh*t that people have spent their hard-earned money on quite expensive tickets but they seem to be about going through the motions and selling T-shirts. I thought there is no f***ing way I'm doing that! It's got to be better than that.

"So I'm on good terms with Youth from Killing Joke and he got involved with me writing songs in the style of what he thought was The Skids. I'd write the words, he'd write the music and lo and behold we have two or three songs that started to feel really

"I let the band hear it and they said 'we're onto something here, why don't we do some more?'. So I kept on writing until we had an album that felt really good.

"Youth did an amazing job with the production of the album. He's one of the world's leading producers now, he's worked with everyone from Pink Floyd to McCartney, the Jesus and Mary Chain, Snow Patrol, and suddenly he was working with us, but he wanted to do it because he's a fan of the band.

"And he had a stake in it because he was writing songs with me that were in the style of The Skids. We thought let's give this a second go. We had the first go with a little tour which was great fun but now let's get this album out and see what the response is. And the response was pretty overwhelming,

"You suddenly lose control a little but, which is good, because you just have to go with it. Suddenly you get asked to do the Isle of Wight Festival and a variety of other big things.

"I find it easy because I've got nothing to lose. I go on stage and enjoy myself and talk to the audience in a way that people don't seem to do any more. We have some fun. take the p*ss out of ourselves and present the music in the most hon-

est way we can. The one thing we don't do is take the p*ss. It's not a ean-counting exercise."

The obvious absentee from the current line-up is the late, great Stuart Adamson, the band's lead guitarist who wrote the music for Jobson's lyrics before quitting ahead of the release of Joy, the last Skids album before Burning Cities 37 years later.

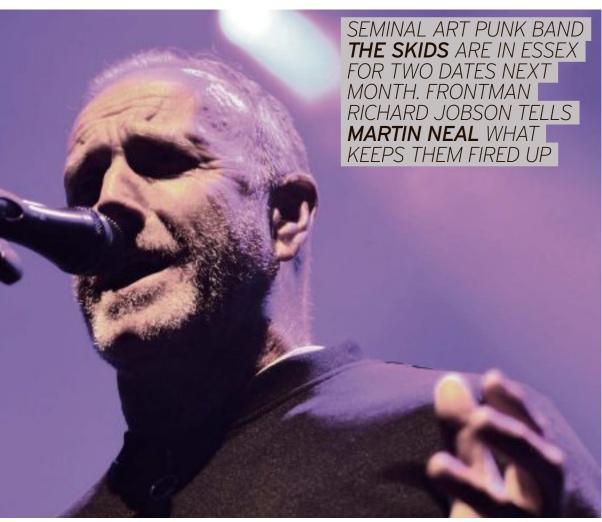
Adamson of course went in to form Big Country and died in 2001. He would clearly be a big void to fill.

"By the end when we played live I had to play guitar because the albums had become more sophisticated with lots of overdubs and stuff and I never really enjoyed that part of it," recalled Richard as we discuss Adamson.

"I like the freedom of moving around and doing my own thing and some of the guitar parts inhibited

"I think if we'd got a second guitar in with The Skids, Stuart might have carried on with us. He left before the end of The Skids - there was nothing acrimonious in that, he just felt we were going in different directions and he found the whole thing too much of a strain because there was too much pressure on him musi-

"So with having Jamie and Bruce you're actually hearing the songs in



the way we intended them to be heard, that dual guitar, energy and rhythm.

Stuart was a huge personality and a huge part of the band. In many ways he was the band but his ghost is present every night and I always remember every night to remind the audience that he was at the heart and soul of all of this and I've never forgotten that. I do feel his presence every night."

And there's still plenty of mileage left in the band.

"I'm 58 and I've never been fitter so I just go with it! You never know what's around the corner so I'd rather go out and do these dates while I'm still strong and fit," said Richard.

"It's also a great way of being able to communicate that I do lots of other work so rather than the usual merchandise stalls just selling T-shirts, I've got books that I've written and other stuff so people get a sense of 'I didn't know you'd written a novel' or 'I didn't know you'd written a biography or books of poetry."

■ The Skids play Chinnerys, Southend on Friday, February 22 and Colchester Arts Centre on Sunday, February 24. Contact the venues for bookings. For more on the band go to www.the-skids.com



LIVE MUSIC



Gringo Star, Bassment, Chelmsford, Thursday, February 14

ATLANTA garage rockers Gringo Star return to the UK for a string of headline shows next month and play the Bassment as part of a week-long tour. The band are old favourites at the Chelmsford venue combining influences from surf rock to psychedelia and doo-wop into their own distinctive sound. Support comes from local heroes Mandeville and Third Dart while the Wet Dream Records crew will be spinning the tunes between the bands.



FORMED by two former members of the Kursaal Flyers, the Ugly Guys hail from the golden age of Southend musicians of the 1970s. Singer Paul Shuttleworth and pedal steel ace Vic Collins had a top 20 hit with Little Does She Know back in 1976. but these days they are a top name in country rock and Americana circles and play Chelmsford's UB on Friday night. The Ugly Guys line-up also includes Steve Oliver on guitar and vocals, Bob Clouter on drums and latest recruit Nevil Kiddier on bass and vocals.

GIGS for January 18-20

- Star & Garter, Moulsham Street, Chelmsford: Saturday - Fast on the Draw
- Cricketers, Southend: Friday Expose; Saturday -Tantric Zoo
- Canvey Corner Club: Friday Frog on a Rocket
- Rose & Crown, Bishops Stortford: Friday Blissed
- Golden Fleece, Chelmsford: Friday Handle With Care; Saturday - Lithium
- Railway Hotel, Clifftown Road, Southend: Saturday - (5pm) Delta Ladies; (9pm) Lancashire Bombers
- Boars Head, Braintree: Saturday Enemy of the
- Cow & Telescope, Southend: Friday Mischief; Saturday - Illicit ■ Smugglers Den, Hullbridge: Saturday - Sons of
- Southpaw
- The Swan, Wickford: Saturday The Statins ■ Welcome Club, Stanford-le-Hope: Friday - Beggar; Saturday - The Strides
- United Brethren, New Writtle Street, Chelmsford: Friday - The Ugly Guys; Saturday - Robin Bibi & Tony Marten; Sunday - Connor Selby

There's far more to Denmark than just Copenhagen, as **TAMLYN JONES** happily discovers

SK your average Brit to name some towns in Denmark and you'll probably be greeted by a blank stare and shake of the head once they've listed the capital, Copenhagen.

But tourists are missing a trick by overlooking the port city of Aarhus.

This is no sleepy backwater with picture postcard views straight out of a Hans Christian Andersen novel and little else to excite and engage its visitors - it's a thriving city of 275,000 people with enough history, tourist attractions and retail therapy to keep all-comers happy, and has benefited from phenomenal investment since the turn of the century.

Aarhus now sits as a vibrant, modern locale that feels big enough to excite but small enough not to

Modern glass edifices rub shoulders with both historic and 20th century Brutalist architecture. Getting lost while wandering its maze of tight-knit backstreets, brimming with independent boutiques and places to eat, is highly recommended.

At night, these same streets teem with young, hip Danes enjoying beers outside its plentiful roster of bars, cocking a snook at the biting November temperatures on my visit as they snuggle under cosy complimentary blankets.

Denmark's second largest city must be doing something right because it was named European Capital of Culture for 2017.

My trip started with an overnight stay at the excellent Point A hotel in Shoreditch, central London, followed by a quick walk to Liverpool Street station for the express train to Stansted Airport.

Ryanair operates a daily service to the small, but perfectly formed, Aarhus Airport which is around 80 minutes away. Dedicated transfer buses wait for passengers, so there is no standing around getting cold and frustrated.

After a 60-minute transfer to the city centre, we were whisked straight to 'Rooftop,' a purpose-built terrace which opened in 2017 atop the city's historic Salling department store.

Here, you can fill your Instagram account to your heart's content with shots of the wonderful rooftops, the city's picturesque Søndergade shopping street and even get an adrenaline rush from the glassbottomed balcony, checking out the shoppers 90 feet below.

Æbleskiver, a Danish dessert delicacy akin to a spherical pancake, is served from the Rooftop's bar with powered sugar and jam, and went down perfectly with a warming glass of mulled wine.

Speaking of photography, the ARoS Aarhus Art Museum is another great spot to keep those filter fingers

It has a range of art and cultural exhibitions which change throughout the year but its pièce de résistance is



Tourists step into Den Gamle By to enjoy a flavour of the past



Get a colourful view of the city from 'Your Rainbow Panorama' art installation on top of ARoS Aarhus Kunstmuseum



The **best** destination you've never heard of

the 360-degree, multicoloured walkway on its roof terrace. Called Your Rainbow Panorama, it

was created in 2011 by artist Olafur Eliasson and gives visitors the chance to see for miles through hues of yellow, green and violet.

Visitors will not be short of places to eat either, from the high-end Langhoff & Juul, where we enjoyed an excellent three-course meal and some fine Danish beer and wine, to

the more budget Aarhus Street Food market where every conceivable type of meal is available under one roof.

Stands compete for customers and space - as locals and tourists cram onto tightly packed benches to enjoy cheap and cheerful grub and soak up the lively atmosphere.

One of Aarhus' biggest draws for visitors is Den Gamle By (The Old Town) which is an open-air museum founded a century ago. It recreates

three historical periods: the 1800s, 1920s and 1970s

Enter the main gates and you're transported back in time, where cobbled streets are lined with faithful recreations of more than 75 of Denmark's historic buildings and, in some cases, the actual originals have been moved there.

Horse-drawn carriages will give you a more personal tour and there are plenty of cafés and snack bars, meaning you don't have to leave the complex for lunch.

There is even a permanent exhibition called The Aarhus Story which chronicles the city's history from its birth as a Viking settlement and could function as a tourist destination in its own right.

It's a huge complex and one you could easily spend an entire day exploring when combined with a leisurely lunch as there is so much to

Our trip was timed perfectly to enjoy a festive atmosphere, complete with some Christmas street theatre. Continuing the Yuletide theme was the Christmas Market at the Tivoli Friheden theme park, itself a year-round attraction about 1.5 miles outside of downtown Aarhus.

Aimed squarely at families, the park has lakes to walk around or just sit and enjoy, child-friendly rides and even a few white-knuckle ones for the grown-ups - as well as the festive market during our visit.

Make a date in your diary for next Christmas!

It's picture postcard stuff and capped off a weekend break which left me feeling that a return trip won't be too far around the corner.

NEED TO KNOW

- TAMLYN JONES stayed at Point A Shoreditch, in central London, and Scandic The Mayor, in Aarhus. For latest rates see pointahotels.com and scandichotels.com
- HE flew with Ryanair from Stansted to Aarhus, with prices from £9.99 one-way at **ryanair**. com. You can also fly directly to
- Aarhus from Gatwick with easyJet, and services from Edinburgh to Billund and Liverpool to Copenhagen are due to launch in April.
- THE 'AarhusCARD' is an easy way to pay for attractions and transport, including the airport shuttle service.

Go to visitaarhus.com



Close to one in five inhabitants of Aarhus is a student and the average age of citizens is 24









- and no wonder. At nearly 1,000 feet long,

astonishing glass suspension bridge Haohan Qiao is one of the longest in the world. And it's not for the faint-hearted.

The bridge connects two peaks in the rocky terrain of the national park in Hunan Province, a region which inspired sci-fi smash Avatar. Visitors stare directly onto the 590-foot drop through thick panels of glass, 25 times

stronger than regular glass.

The Haohan Qiao bridge in Shiniuzhai National Park already had a fearsome reputation. You crossed the slender wooden structure that locals called "Brave Men's bridge" at your

And then the park manager decided to take things up a notch.

In 2014, engineers replaced Brave Men's wooden slats with glass, allowing visitors to stare directly into the abyss. It's one of the world's longest bridges of its type, and a hidden China highlight.

Air China has just teamed up with travel expert and author Amy Fabris-Shi to draw up a list of not-so-famous five attractions to wow us Brits.

The country hosted some 142 million visitors last year, and several cities were on the 'must-visit' list for tourists from all over the world.

It's popular to visit Beijing to experience the majesty of the Great Wall of China, for example. Then there's Shanghai for its record-breaking skyscraper skylines and heritage.

But step off the tourist track, and China has much to boast when it comes to natural and man-made wonders.

I reckon that Brave Men's Bridge tops the list, but here are the other four.

THE VENICE OF CHINA

TAKE a two-hour drive from Shanghai to Zhouzhuang, and visit the oldest water towns in China.

The town is made up of a series of canals that were used over 900 years ago by some of the wealthiest businessmen of the Yuan Dynasty to transport precious silks, ceramics and arts.

enchanting visitors with its labyrinth of narrow streets and stone bridges

THE INSTA-GREEN

ONCE home to more than 2,000 fishermen, 40 miles outside of Shanghai and being one of 400 islands, Houtouwan is a must 'collect' photo.

Illustrating how nature and manmade structures can come together to create something unmissable, it's a striking image to capture for your

THE ZHANGYE DANXIA LANDFORM

WHAT would you get if you mixed rainbow and rock? These layered sandstone mountains in China look like they are made of pressed crayons. Located near the China-Mongolia Border, these hills have vivid red, orange, and yellow stripes, creating an incredible technicolour harmony across the mountains with rocks allegedly shaped like animals and mythical creatures

WUDAOYING HUTONG

GO off beat in Beijing and live like a local with this quirky and quaint alleyway, adjacent to the magnificent Lama Temple in the old quarter.

Home to trendy boutiques, music venues, restaurants and Chinese cafés, this hutong offers traditional Chinese heritage as well as providing a quiet haven in the bustling

streets of Beijing. Amy Fabris-Shi says: "It's clear that the famous landmarks are one of the main reasons why China attracts millions of visitors each year. However, for those who might want a

slightly more unique experience, there are equally a number of attractions to consider that you might

NEED TO KNOW

■ As the largest air carrier between China and the UK, Air China currently operates up to three flights per day from London Heathrow to Beijing and up to three flights a week from London Gatwick to Chengdu. For more information visit airchina.co.uk



The Zhangye Danxia Landform





Holidays and Tours flying from London Stansted



André Rieu & The Johann **Strauss Orchestra** Live in Maastricht

Each year 'Waltz King' André Rieu returns to in his home town to perform a series of concerts, including delightful melodies from opera, musicals, film and the world of classical music, plus a few catchy waltzes! Be there in 2019!

Flying from London Stansted, departs 4 to 13 July 2019

Tour Highlights & Inclusions

- A Category 5 / €59 seated ticket to see André Rieu & The Johann Strauss Orchestra live in concert on the Vrijthof Square in Maastricht (ticket upgrades available) A visit to Maastricht
- Fully escorted by a friendly,
- experienced tour manager Two nights' four-star standard bed and continental breakfast hotel accommodation in the Eindhoven area, return flights and transfers

*Applies to new bookings until 31 Jan 2019. Subject to availability & may be withdrawn at any time. For full t&cs see www.newmarketholidays.co.uk/gift

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Pathfinder

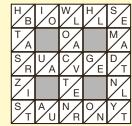
Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

European countries



Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword arid.



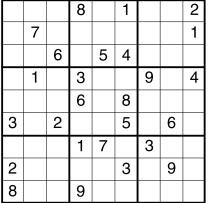
Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Fasy

Lasy									
2			5	7	8	9			
		4			2		7	5	
	5		3						
4	1			3		5		2	
		3	2			4	8		
	9	2		8		7	3	6	
							2		
7	6		4		1			3	
		1	9	5	3				

Hard



Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

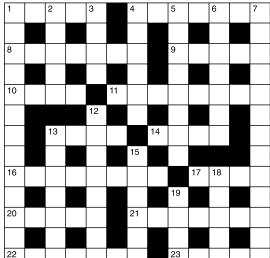
Cryptic

Across

- Essays which
- are certainly not pointless (5) Cancel the commission for one who looks after the
- money (7) They have connections, relatively
- speaking (7) A spice having no end of use in savouries (5)
- 10. He may supply arresting information (4)
- The point of nunctuation (4.4)
- A die in fancy
- shape (4) 14. Fiddlesticks! (4)
- 16. He should know how to press a suit (8) 17. I could make this
- scheme plain (4) Country name found in certain
- dialects (5) 21. Sort of settler to
- give support (7) For Eric to hide deserter would be most irregular (7)
- A chance to ma an escape? (5) 23.

Down

- 1. Duped, as hitchhikers may be (5.3.1.4)
- 2. It goes round the bull (5)
- 3. Superfluous oil well (4)
- 4. It's made by people who count (6)
- 5. All is not as it should be in the stud (8)
- 6 I'm unset about an impulse (7)
- 7. Key point of a hotel? (9.4)
- 12. A liking for a swansong? (8)
- 13. A driven out intruder (7)
- 15. Still the cause of poor reception (6)
- 18. Being agile, he put the light on first (5)
- 19. One step up from the gutter (4)



Scribble pad

Quick

Across

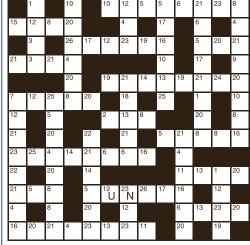
- 1. Attempts (5)
- 4. Till operator (7)
- 8. Relations (7)
- 9. Savoury jelly (5)
- 10. Informer (4)
- 11. Punctuation
- mark (4,4) 13. Notion (4)
- 14. Weapons (4)
- 16. Recommend (8)
- 17. Scheme (4)
- 20. Asian country (5)
- 21. Table framework (7)
- 22. Inconsistent (7)
- 23. Crack (5)

Down

- 1. Cheated (5,3,1,4)
- 2. Archery target ring (5)
- 3 Drainage receptacle (4)
- Official survey (6) 5. Male horse (8)
- 6. Stimulus (7)
- 7. Welcoming
- point (9,4) 12. Inclination (8)
- 13. Trespasser (7)
- 15. Stationary (6)
- 18. Supple (5)
- 19. Pavement edge (4)

Codeword

This puzzle has no clues. Instead, every number printed in 1. the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

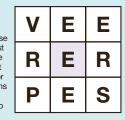


A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12 U	13
14	15	16	17	18	19	20	21	22	23 N	24	25	26

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.



How you rate:

10 words - average; 15 words - good; 20 words - very good; 25 or more - excellent.

Quiz

Which actor played Jayne Torvill to Will Tudor's Christopher Dean in the recent ITV drama Torvill and Dean?

- Who wrote War and Peace? Of which US state is
- 3. Honolulu the capital? 4 Which comic actor starred in the films I'm All Right, Jack and Dr

Strangelove?

The Monument in London was designed by Sir Christopher Wren to commemorate which event of 1666?



Q1 - Will Tudor

- Which purified wax obtained from sheep's wool is used as a base for skin creams and soaps? In which English
 - county is the resort of Skegness? Which natural phenomena does a vulcanologist study? By what name was Russian revolutionary Lev Bronstein known?
- What type of Spanish music and dance was developed by Andalusian gypsies?

LAST WEEK'S SOLUTIONS

Bilbo Baggins, Boromir, Shadowfax, Aragorn, Shelob, Samwise Gamgee. Treebeard, Legolas, Faramir, Grima Wormtongue, Sauron, Gimli, Frodo Baggins, Theoden, Gandalf, Rosie Cotton, Elrond, Galadriel, Balrog, Arwen. Meriadoc Brandybuck, Eowyn, Saruman, Eomer, Peregrin Took, Gollum, Nazgul.

- 1 Love; 2 W.C. Fields; 3 Dry cleaning; 4 Bath; 5 La Traviata; 6 Baudouin;
- 7 James Hunt; 8 Lillie Langtry; 9 J.R.R. Tolkien; 10 The Great Barrier Reef.

Two-Speed Crossword

Across: 3 Statutory; 8 Nave; 9 Star pupil; 10 Herons; 11 Using; 14 Slump; 15 Tide; 16 Sousa; 18 Dyes; 20 Cheep; 21 Steep; 24 Mother; 25 Reservoir; 26 Unit; 27 Newsprint. Down: 1 On the side; 2 Overtures;

4 Tots; 5 Tares; 6 Truant; 7 Rail; 9 Snips; 11 Usurp; 12 Give a hand; 13 Temperate; 17 Actor; 19 Stress; 22 Elver: 23 Here: 24 Mien.

Wordsquare GLORIFIED

Sudoku

9 6 1 3 7 2 5 4 8 4 7 2 1 8 5 9 6 3 |5|9|4|6|7|1|2 2 1 6 8 5 3 4 7 9 5 9 7 4 2 1 8 3 6 1 9 5 6 2 8 7 4 3 4 8 7 6 9 3 2 5 4 2 9 5 6 7 3 8

Split Decision R 0

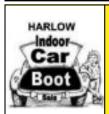


Codeword

I F G A W D R H J T E U M N B X V C L S O

Entertainment

Car Boot Sales



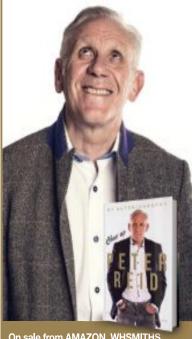
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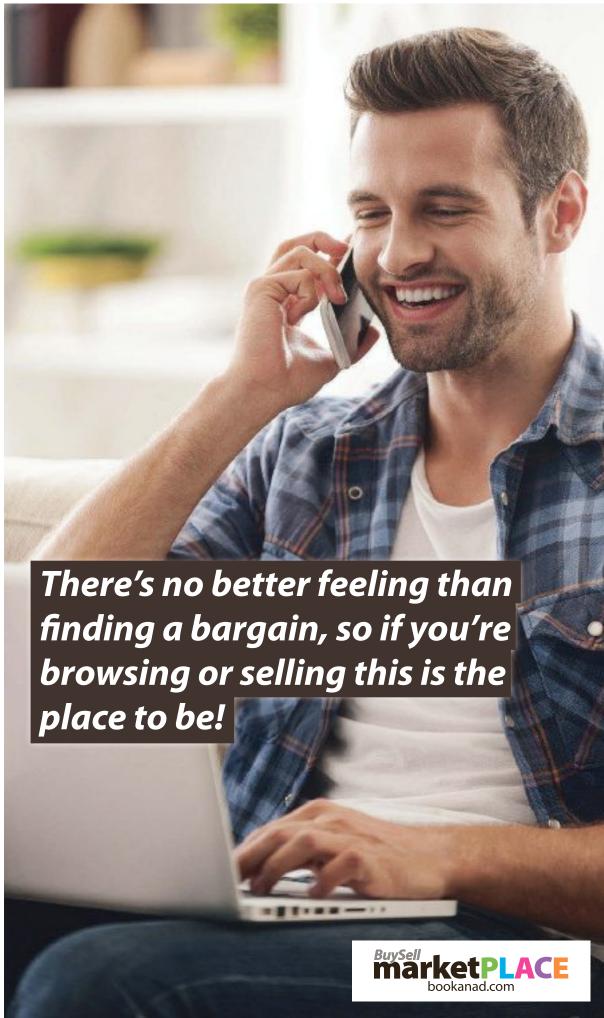


On sale from AMAZON, WHSMITHS, WATERSTONES and local book shops www.sportmediashop.com

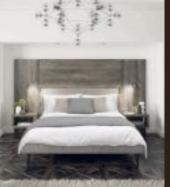


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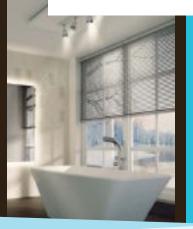






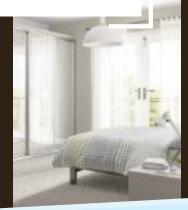
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MERCERS, HARLOW

- Two Bedrooms
- Lots Of Storage
- Own Garden
 - Split Level • EPC Rating: TBC



GUIDE PRICE £210,000 - £220,000 CHURCHFIELD, HARLOW

- Three Bedrooms Modern Kitchen
- · Long Lease
- Third Floor Balcony

EPC Rating:TBC



£220,000

- BRAGGOWENS LEY, NEWHALL
- One Bedroom
- Open Plan Living South Facing Balcony
- Allocated Parking · EPC Rating: TBC



£260,000

- SOPER SQUARE, NEWHALL Two Bathrooms
- Two Bedrooms
- Chain Free
- Share Of Freehold
- · Allocated Parking · EPC Rating: C



WESTFIELD, HARLOW

- Three Bedrooms Modern Interior
- Semi Detached Private Rear Garden
- Complete Upper Chain • EPC Rating: E



FULLERS MEAD, HARLOW

- Three Bedrooms
- Utility & Storage Area
- Mid Terrace Home • EPC Rating: TBC
- Good Decorative Order

£299 995 EAST PARK, OLD HARLOW

- Two Bedrooms
- Recently Renovated Lounge/Diner



£300 000

- MULBERRY GREEN HOUSE, OLD HARLOW
- Two Bedrooms
- Modern Auction
- Access To Garden
- Close To Amenities



£312.500

- DOULTON CLOSE, CHURCH LANGLEY
- Three Bedrooms
- Mid Terrace
- · Garage & Parking · Conservatory • EPC Register: C



£320.000 - £325.000 **NEW ROAD, OLD HARLOW**

- Two Bedrooms
- Semi Detached
- Heart Of Old Harlow
- Victorian Period
- Courtvard Garden • EPC Rating: TBC



£325.000 WOODCROFT, HARLOW

- - Semi Detached Extended
- Flexible Livina CHAIN FREE • EPC Rating:D



MORLEY GROVE, HARLOW

- End Of Terrace

- Popular Location



- SAKINS CROFT, HARLOW

 Three Bedrooms

 Two Receptions
 Garage & Driveway
 Semi Detached
- Cul De Sac Spot
- EPC Rating: TBC



£368.000

- Conservatory



BURY ROAD, OLD HARLOW

- Three Bedrooms
- Two Bathrooms • Garage & Driveway • EPC Rating: C



DENBÝ GRANGE, CHURCH LANGLEY

- Four Bedrooms
 - Semi Detached
- Ensuite & WC Loft Conversion Lounge/Diner • EPC Rating: C



£430,000

Four Bedrooms

Two Receptions

THE CHASE, NEWHALL

• Studio Over Garage • Parking & Parking





WATERSMEET, HARLOW

Three Bedrooms

£430,000

Four Bedrooms

• Two Receptions

Cul-De-Sac

UPPER PARK, HARLOW

Semi Detached

EPC Rating: TBC

• CHAIN FREE

Semi DetachedModern Interior Two Tier Garden • EPC Rating: TBC



COOKS SPINNEY, HARLOW

- Three Bedrooms Potential To Enlarge Rarely Available
- Detached Property · Garage & Driveway · EPC Rating: TBC



£400,000 HONOR STREET, NEWHALL

 Three Bedrooms
 Extended Terrace
 Allocated Parking Award Winning • FPC Rating: C



- Four Bedrooms Semi Detached Two Receptions
- Downstairs W.C
 Garage & Driveway
- EPC Rating: TBC

GUIDE: £475,000 - £495,000 GLEBELANDS, HARLOW

- Three Bedrooms • Detached
- Balcony To Master
- Garage & Drive
- CHAIN FREE • EPC Rating: TBC



CHELSÉA GARDENS, CHURCH LANGLEY KINGSDON LANE, HARLOW

- Garage & Driveway







· Two Bathrooms

• EPC Rating: C

01279 418888

Offered Chain Free
 EPC Ratina: TBC

Link Detached

Four Bedrooms

• Two Receptions

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Guide Price f130.000 - f140.000 **Calling All First Time Buyers** EPC TBC **Brenthall Towers**

haart are pleased to offer this one bedroom flat on the fourth floor. This flat offers a modern fitted kitchen and would suit a first time buyer. Ref 14870 View It, Love it!



Get On The Property Ladder f210.000 Barn Mead EPC C

Offered chain free is this spacious two bedroom first floor flat benefitting from its own garage and parking space. The property is located within walking distance to local amenities and would be ideal for a first time buyer. Internal viewing advised. Ref 14868 View View View



Guide Price Open Plan Living

Torkildsen Way This two bedroom top floor apartment is within walking distance to the Town Centre and Train Station. The property is ideal for a first time buyer. Ref 14802 Why Wait? View Now

f220.000 - f240.000

EPC B



Guide Price Spacious Family Home

£375,000 - £400,000 **EPC TBC**

Harefield Rarely available is this 5 bedroom terraced home, with garage and driveway. The property is being sold chain free and benefits from being spacious throughout. Ref 14812 Call 01279 443311



Ideal Starter Home

OIEO £250,000 **Carters Mead**

Located on the outskirts of Harlow is this well presented two bedroom home. The property is ideal for anyone looking to get on the property ladder. Ref 14232



45% Shared Ownership **Albertine Street**

£155,000

EPC C

If you are looking to get out of mum and dads and become a homeowner, make sure you are available to view this two bedroom middle terraced home which is available to buy on a 45% shared ownership only. Ref

Call 01279 443311 For More Information



Popular Location Barn Mead

OIEO £240,000

Offered chain free is this three bedroom middle terrace family home that was converted from a two bedroom, internal viewing is advised. Ref 14215 One To View



Guide Price A Great Garden

Hollyfield

Move straight in to this well presented two double bedroom end of terrace home which has been subject to many improvements. Ref 14765 Call 01279 443311 To Book Your Vieiwng

Calling All First Time Buyers

Plaw Hatch Close EPC C

Located within walking distance to local amenities is this well presented two bedroom top floor flat. The owner has made many improvements including a re fitted kitchen and bathroom. Internal viewing highly advised. Ref 14681



Detached Family Home

Kestrel Gardens

Located in a popular turning on Bishops Gate is this delightful detached 4 bedroom family home with integral garage and en-suite to the master bedroom. Call haart now to book your viewing today. Ref 14875

- Four Bedroom Detached
- Driveway For Several CarsModern Fitted Kitchen
- •Integral Garage
- **Dont Miss Out**

- Desirable Location
- Spacious Lounge
- Dining Room
- A Must View



Watch The Family Grow

OIEO £320.000

Morningtons

Located within a popular cul de sac turning is this three bedroom semi detached family home which benefits from off road parking and a converted garage. Ref 14745 Register To View



Well Presented

The Ridings

£550,000

£380,000 EPC C

Located within easy reach to Schools and Amenities is this three bedroom detached home benefiting from two reception rooms, utility room, fitted kitchen, three bedrooms with en-suite to the master, family bathroom, rear garden, garage and driveway. Ref 14635 Book Your Viewing Today!



The future is flat-packed

ow. we're not knocking IKEA there's good reason the brand is such a phenomenal success - but it's not the only flatpack retailer in life's megastore particularly if you're seeking something a little more distinct, without the inflated prices of upmarket outlets.

Curious? These six brands all have something notable to offer in the flatpack stakes, most of it delivered direct to your door. Expect Scandinavia to still feature heavily, however - you can get away from IKEA, but there's almost no escaping the mass-produced quality of Scandi style...

HEM (hem.com)

Aside from IKEA, Sweden is full of companies supplying the demand for modern, self-assembled furniture.

Stockholm-based Hem straddles the divide between IKEA and high-end high street. Its range is not as large, and a bit costlier (full-size dining tables start at around £980), but the quality and style is top-notch.

Products mostly come from the classic Scandi school of minimalist, Bauhaus-inspired design, while many items claim to have assembly times of under a minute. Their catalogue contains an array of lamps, stools and ottomans, but the headline act is the sofa collection.

Look out for mix n' match units the Palo and Kumo series (starting at around £1070), modular seating units which can be attached and reattached to fit any space or style. A four-man sofa can be a one-man lounge chair at the swish of a detachable strut.

Hem list prices in Euros, but ship from across Europe and the US.

STRING (string.se)

Even among Swedish flat-pack furniture companies, String stands out. Its products have been legally

IKEA might rule the roost when it comes to kitting out our homes - but it's not the only brand acing stylish, easy-assemble furniture, says LUKE RIX-STANDING





NORMANN COPENHAGEN

(normann-copenhagen.com/en) Still in Scandinavia, but this little Danish gem ships all round the world and lists products on its website in pounds sterling. Design guru Hans Hornemann set out to combine the flat-packed with the high end, aiming squarely at style-conscious city dwellers with limited space.

In his own words: "I wanted to change the flat-pack concept and give it another meaning. A reasonably priced piece of furniture that you can fall in love with and bring home straight away.

Check out the Ace Collection of chairs, stools and sofas, sensuously curved pieces contoured with high-comfort foam that looks anything but self-assembled. It's aimed at the luxury market, but fine design and gorgeous upholstery means a piece can easily be a long-term investment.

HABITAT (habitat.co.uk) This UK interiors giant has a historic right to be on this list. IKEA may have sent flat-packed furniture into the stratosphere, but it was Habitat that gave the emerging market

Known as knock-down furniture, Habitat was flogging self-assembly, read-the-manual products in the mid-1960s, and kick-started the flat-pack revolution that dominated the industry in the early-Seventies.

It's still at it today, with a range of flat-packed items that stretches across its extensive catalogue. The Cato desk (£150) is easy to assemble and a familiar minimalist style.

The shelving collection is well worth a gander too – the Hopkins Bookcase (£495-£695) forms a hypnotic sea of squares and rectangles, and at 198cm high is almost certainly taller than you are.

A shout out, too, to its Spencer sofa

range, available in delightfully attractive array of colours. Simply attach the legs, and recline to your heart's content.

阿瑟

5. ILKE HOMES (ilkehomes.co.uk) Not furniture, but Ilke Homes deserves a place on the list. Perhaps the final stage of the flat-pack evolution, this Yorkshire-based maker of 'modular' homes is about as off the wall as can be.

Instead of offering easy-assembly storage and seating, the company digitally designs entire homes room by room - including walls, floors and windows - before surgically constructing them on a factory floor. The rooms are then driven to their allotted location by a fleet of lorries, and constructed on site in as little as

Though you don't have to do the assembly yourself (thank heavens), this is macro flat-packing at its logical conclusion. A two to three bedroom unit costs from around £69,000-£79,000 (although, of course, there will be other costs to consider, and you need the land to put your flat-pack house on).

SCS (scs.co.uk)

Don't be fooled by the name - the Sofa Carpet Specialists has more strings to its bow than just soft furnishings. It also stocks a range of flat-pack furniture, often competitively priced too.

For flat-pack enthusiasts, tables are the order of the day here. With an extending table and four creamcoloured chairs, the Cruz 1.25m extending dining table & four button back chairs (currently reduced to £739 from £849) is its flagship

But our favourite is the Julius nest of tables (currently reduced to £59 from £109) – a three-piece set with two smaller tables that can be stored snugly beneath the largest. The Russian doll of side tables, it's perfect for those low on space.

classified as 'applied art'. None come with particularly prescriptive instruction manuals, and its flagship item turns 70 years old this year. On top of that, String only stocks shelves.

String shelves are sold in modular units, attached to the wall by simple, screw-in brackets, which can be assembled in any pattern, depth or colour to suit buyers' space, need or

Different units can be added and taken away, or customised with hooks, racks, drawers, cabinet units, and even a foldout table.

String shelving is also stocked in stores across the UK. Prices for the standard unit starts at around £42.



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The information in the pie chart above is taken from the following criteria:

Date: 01/01/2018 - 06/12/2018

Postcodes: CM170, CM179, CM186, CM187, CM194, CM195, CM201, CM202, CM203

INTRODUCING WINNER FOR HARLOW



Reyland Johnson Estate Agents have just won The British Property Awards for Harlow.

Their team performed outstandingly throughout the extensive judging period, which focused on customer service levels.

Reyland Johnson Estate Agents have now been shortlisted for a number of national awards which will be announced later in the year.

The British Property Awards provide agents throughout the UK with an invaluable opportunity to compare the service that they provide against the service provided by their, local, regional and national competition.

Agents who go that extra mile and provide outstanding levels of customers service are rewarded with our accolade, which acts as a beacon to highlight these attributes to their local marketplace.

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THE BRITISH PROPERTY AWARDS are one of the most inclusive estate agency awards providers as they do not charge to enter. This has enabled their award to be structured in a manner that ensures maximum participation, on average judging over 90% of agents that meet their minimum criteria on a local level.

The team personally mystery shops every estate agent against a set of 25 criteria to obtain a balanced overview of their customer service levels. The judging criteria is both comprehensive and detailed exploring different mediums, scenarios and time periods to ensure that agents have been rigorously and fairly judged.

Robert McLean from The British Property Awards said "Our awards has been specifically designed to be attainable to all agents, removing common barriers to entry, such as cost, to ensure that we have the most inclusive awards. Our award has also been attributed with one of our awards, it is simply down to the fantastic customer service levels that they have demonstrated across a prolonged period of time. Winning agents should be proud that their customer service levels provide a benchmark for their local, regional and national competition".













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Ben Johnson MNAEA Director



Sonny Montalto Sales Manager



Jake Latch Negotiator



Dean WedgeNegotiator



Harriett Jackson Property Manager



Natasha Demetriou Property Manager



Liz Reynolds *Property Manager*

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The British Property Awards provide agents throughout the UK with an invaluable opportunity to compare the service that they provide against the service provided by their local, regional and national competition.

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The team personally mystery shops every letting agent against a set of 25 criteria to obtain a balanced overview of their customer service levels. The judging criteria is both comprehensive and detailed exploring different mediums, scenarios and time periods to ensure that agents have been rigorously and fairly judged.

David Gregory from The British Property Awards said "Our awards has been specifically designed to be attainable to all agents, removing common barriers to entry, such as cost, to ensure that we have the most inclusive awards. Our award has also been designed to remove any opportunity for bias or manipulation. If an agent has been attributed with one of our awards, it is simply down to the fantastic customer service levels that they have demonstrated across a prolonged period of time. Winning agents should be proud that their customer service levels provide a benchmark for their local, regional and national competition".



INDEPENDENTLY JUDGED



OVER 25 CRITERIA



JUDGING YOUR LOCAL MARKET

Mercedes CLS 450



BY CHRIS RUSSON

AKE a close look at Lewis Hamilton's Formula 1 car and there's a symbol just behind the cockpit that's very important to Mercedes-Benz. It's the logo of EQ – a sub-company created by Mercedes to spearhead

the German car maker's electrifica-

tion programme.
And it's technology that is making its way from the five-time world champion's hybrid race car to everyday Mercedes models that you'll be seeing on the streets. EQ, apparently, stands for Electric

Intelligence and is derived from the brand's values of emotion and intelligence.

It's a name that is going to be

applied to every Mercedes car that uses battery-electric power and the EQ line up has already arrived in the UK in the shape of the latest CLS 450 and S 500 models which have EQ Boost mild hybrid powertrains.

We have just tried out the EQ system in the new CLS – and it's

impressive.
The CLS 450 is powered by the latest Mercedes 3.0-litre straight six petrol engine hooked up to a 48-volt electrical system comprising a starter/generator and a lithium ion battery.

The electronic assist cuts in only when needed and does so unnoticeably under acceleration. It adds some 22 extra horsepower and gives the CLS 450 a total power output of 367hp resulting in a lively 0 to 60 acceleration time of 4.8 seconds and

a top speed limited to 155mph.

Crucially, the electric assistance system adds a huge amount of extra torque - 250Nm to be precise and that doubles the pulling power, giving great mid-range operation.

The real benefit comes with fuel economy and the system is capable of 'sailing' - that's running the car with the combustion engine idle

when cruising.
Officially the CLS 450 is rated at 36.2mpg with emissions of 184g/km- a significant improvement over the other 3.0-litre petrol model in the range, the Mercedes-AMG CLS 53.

And that is no idle boast. On our run in the CLS 450 we managed to exceed the official figure and saw an average of 36.6 to the gallon recorded on the trip computer.

Externally, the CLS 450 is no

different to the rest of the CLS line up and the only real tell-tale that it has EQ Boost is with the instrumentation where there is an EQ power gauge at the bottom of the rev counter and a slightly different readout on the trip computer.

Mercedes has just updated the CLS range which now starts from £57,510 for the diesel powered CLS 350 d. The CLS 450 comes in just above and is priced from £57,460.

All models come with the Mercedes 4MATIC all-wheel-drive system as well as a nine speed automatic transmission.

The CLS 450 we tried came in at £64,260 with extras fitted including a Premium Plus pack which added a Comand online system with 12.3inch display panel, a surround sound system and a 360 degree camera

system.

It also came with a Driving Assistance Plus package that included active blind spot and evasive steering assistance as well as a semi-autonomous lane keeping and changing system.

All UK models come in AMG Line trim which includes 19-inch alloy wheels, leather upholstery and an active suspension system.

The petrol versions have a 17.5 gallon fuel tank which reduces boot space to 490 litres from the 520 litres available in the diesels which have a

smaller tank at 14.5 gallons.
As such, the CLS 450 should have a range of more than 600 miles and it remains a supremely stylish coupecum-GT with powertrain technology that is sure to be seen on other Mercedes models.







BY **DAVID WARD**

ORD has come a long way since it turned its first Fiesta into a 'hot hatchback' way back in 1981 in the shape of the 100mph XR2i and now we have the latest incarnation in the Fiesta ST-3 with its 1.5-litre 197bhp Ecoboost capable of accelerating from 0 to 60mph in 6.5 seconds and a top speed of 144mph. Over the intervening years Ford

has managed to stay ahead of the 'hot hatchback' game but there's no doubt this latest version is by far and away the most exciting to drive because it's a humdinger on the road yet remarkably comfortable - a far cry from what the original XR2i

offered to drivers.

The range topping ST-3 five-door tested here comes in at £22,895 on the road which might seem a tad expensive to some drivers but in the overall picture and compared to the many rivals around today it's still a value-for-money deal in my book.

With an excellent light but positive feeling six-speed manual gearbox on board this Fiesta ST-3 does offer the sports performance most drivers would crave for with engaged handling, really responsive acceleration and it pulls so well from low revs.

It also offers a better if firmer ride with its advanced dampers and stiffened chassis and out on the road has outstanding road grip, cornering well at respectable speed round twisty country lanes and naturally has a decent enough turn of speed out on the motorway where it cruises effortlessly, and remarkably quiet

It's real advantage though is in its mid range for sensible but fast overtaking - 50mph to 70mph takes about five seconds – and with such a good response from the engine too.

The test car (sitting on 18-inch wheels) had the option on board of the £850 ST Performance Pack which includes limited slip differential, launch control and performance shift lights – all well worth the extra outlay for those drivers who want a genuine sporty performance.

The only minor niggle is that Ford charges another £350 for the so useful BLIS (blind sport information system with cross traffic alert) which is an excellent aid for any driver of any car really and when paying twenty-two grand for such a car like the ST-3 it should be included as standard.

There's a choice of three driving modes - normal, sport and track which again will appeal to many drivers and on test driving normal was more than adequate and moving it into sport and the driver will notice a tightening up of suspension and steering but again the ride and drive is quite civilised. Obviously track mode is exactly that – for those wanting to go all out performance wise on a race track!

This third generation Fiesta ST is 71mm longer than the previous version plus the front track width 30mm wider while inside the cabin it has all the sporty trimmings one would expect, such as the natty ST red stitching, badging, sports pedals, flat-bottomed steering wheel and chrome touches while the hip-hugging Recaro front seats are exactly

what the doctor ordered for such a

The interior finishing now has a much soft feeling plastics around the place and interior space seems better with more leg and head room than before while the driver has all the mod cons of today's high tech features such as a quite efficient to use SYNC system with an eight-inch touch screen that includes sat nav and everything else.

This ST-3 is certainly decently equipped with standard features that include rain sensing wipers, electronic stability control, cruise control, heated front seats and steering wheel plus lane keeping alert. In terms of looks this ST-3 has a

bigger grille than the normal Fiesta plus a lower air dam and other small but significant styling differences to

make it stand out from the rest of the

Thanks to modern technology fuel consumption on this new ST-3 it's quite impressive with a combined figure of 47.1mpg only dropping to 37.2mpg in and around town and on test it hovered around the 42.2mpg, only dropping to 40.5mpg when on a long, hard drive up north and back in a day.

These figures are naturally superior to those in the old XR2i - checking my test records the best I managed back in 1982 in one was 22mpg exactly over two weeks of varied driving!

Some observers have commented that this latest Fiesta ST series is expensive but for its asking price the ST-3 is well worth the money in my





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Subaru Forester 2.0i XE Premium

BY **JON SMITH**

N these days of stylised SUVs and pretentious crossovers, a particular marque stands out from the herd.

Subaru was one of the pathfinders in the now surging sector more than two decades ago when it introduced the Forester - a go-anywhere four-wheel-drive family wagon with upright stance and few concessions to fashion.

Now in its fourth generation, the formula has remained constant. Its practical tall design allows huge amounts of passenger space together with a 505 litre boot in a body that's unusually light and airy thanks to a massive glass area.

All Foresters have symmetrical four-wheel-drive and the boxer flat-four engine has a high sump ideal for off-road adventures - and a low centre of gravity for fine on-road balance.

So despite its unsporting, somewhat awkward looks, the Forester rides, drives and traverses rough terrain better than most. Which is probably why the brand commands such respect from pundits and loyalty from customers alike. It is also one of the most consistently impressive performers in reliability surveys.

There's a choice between 2.0-litre petrol or diesel models. I opted for the petrol which, though less



economical is quieter and more

The Forester's forte isn't speed but it doesn't hang around with a 0 to 62mph time of just under 11 seconds. Its urge comes in a discrete smooth flow, making progress effortless and unflustered. The flat four engine is

quieter than most conventional units and there's ample torque.

A Lineatronic gearbox is offered as a substitute for the standard sixspeed manual, and serves the Subaru well. It's a constantly variable system which finds the right ratio for the speed and complements the engine.

Steering wheel paddles allow you to over-ride the calculated gear changes and have a bit more fun.

The 2.0-litre the petrol isn't the most frugal of engines, nevertheless my average over 520 miles was a respectable 38mpg.

One of Subaru strengths is a

comfortable ride - whether an off-roader or a fire-breathing sports saloon. So it was unsurprising to find the Forester capable of absorbing all the bumps, ripples and pot holes in its path with barely a tremor being transmitted to its passengers.

Steering is pleasantly precise if a bit numb - probably necessarily so for a genuine off-roader. Generous suspensions movement inevitably results in some cornering roll but the Forester is quite adept at being hustled through bends.

Standard kit is generous in the Premium model tested and includes huger glass opening sunroof, climate control, sat nav, heated front seats, roof rails and power tailgate. There are plenty of cup holders and deep, useful pockets and cubbies for stowing family odds and ends.

A standard safety feature is Subaru's EyeSight equipment that monitors traffic and pedestrian movements and can help avoid or minimise frontal impacts via a twin camera imaging system.

It's like having an extra foot on the brake and has earned accolades as one of the most worthwhile safety accessories.

What the Forester may lack in state-of-the-art looks it more than makes up for in tough no-nonsense performance and practicalities. And the more you drive it, the more you

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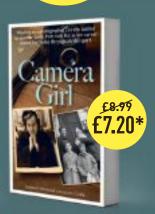












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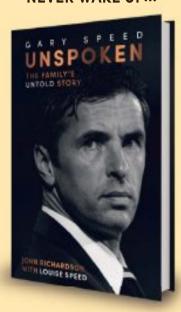
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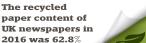
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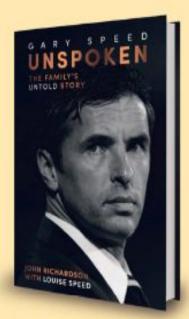
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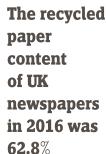
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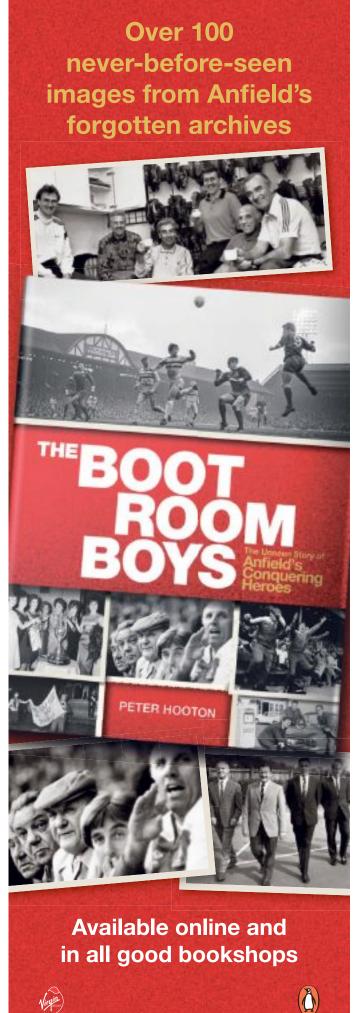














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Hawks shock the leaders

CHAPMAN'S SIDE NOW ONLY A POINT OFF SAFETY

By CALLUM HIBBERD

sportsdesk@hertsessexnews.co.ul

HARLOW Town bought league leaders Haringey Borough crashing back down to earth with an excellent team performance that saw them inflict just the first defeat in 14 games on the visitors.

Goals from Tom Hitchcock and Emile Acquah early in either half set the tone for a brilliant game, which the Hawks won 2-1, a result which saw them move to within one point of safety in the Bostik League Premier Division.

Haringey pulled a goal back through Ralston Gabriel on 56 minutes but it was too little, too late

Hawks boss Danny Chapman said the victory could prove a turning point of his side's season.

"I'm really proud of the players – every player out there did what was asked of them," he said. "Hopefully this will be a platform for us to build

on. There were a lot of positives to take from the result.

"We've performed really well over recent weeks and haven't been getting the results our performances have deserved, but that's football.

"It's another step in the right direction from us. It's a case of keeping the consistency levels and if we don't there's no reason why we shouldn't get results from now until the end of the season.

"We had a game plan and knew what they were about being quick up front and we denied them that space. We knew if we could get Emile [Acquah] in behind them we would have a chance, and it worked brilliantly."

Harlow made the perfect start courtesy of Hitchcock. A strong effort in closing down from Drew Richardson drew a corner from the right, which he opted to take. The Luton loanee, who turned 18 this week, whipped it in low and hard,

with Hitchcock on the end of it to rifle emphatically into the top corner in the first minute. In the 33rd minute, Joul Nouble breezed past Fabion Simms and Bill Plumpton, before firing in a low cross. There were handball shouts against Jonathan Moanda, but they were ignored.

Similarly to the first half, Harlow scored almost instantly after half-time. Matt Foy took on Richards, and cut it back to Hitchcock. His shot from eight yards was powerful, and well parried to the right by Valery, but Acquah was there ahead of Lionel Stone to tap in.

In the 55th minute, half time substitute Anthony MacDonald chased a ball down down and despite being involved in a heavy collision with Bexon, he managed to nudge it across to Gabriel, who calmly slotted it into an empty net to reduce the deficit.

Harlow travel to Dorking Wanderers this Saturday.

Harlow's Kurz tackles runs Down Under

HARLOW Running Club member Hazel Kurz competed in two races while visiting the Australian state of Tasmania.

On Saturday she ran the Queens Domain parkrun, finishing in 52nd place out of 180 finishers in 26min 55sec. Then the following day she ran the Hobart Half Marathon, coming home 378th place out of 694 finishers in a personal best (PB) time of 2hr 2min 41sec.

Meanwhile, closer to home at the Harlow parkrun Martin Westley was victorious out of 297 finishers, clocking an excellent 18:20.

He was followed home by: Andy Kitson, fourth in 20:32; Andy Terrell, fifth in 20:35; Steven Good, seventh in 21:06; Sharon Wright, eight and first female in 21:19: Lee Webber, 12th in 21:33; Jon Waight, 17th and first Vet 55 in 22:07; John Bull, 19th in 22:33; Alison Beeton, 21st and second female in 22:40; Catherine Ridge, 278th and third female in 23:07; Alejandro Prados, 40th in 23:37(PB); Ryan Smith, 42nd in 23:42; Steve Cowlin, 50th and first Vet 60 in 23:59: Paul Dixon, 52nd in 24:04. Michelle Hyde, 59th in 24:34; Steve Warren, 67th in 25:10; Jim Bates, 70th and first Vet 70 in 25,29: Michael Robey, 73rd in 25:37; Kelly Grey, 78th in 25:52; Darren Rautenbach, 80th in 26:06; Louise Cootes, 91st in 26:31; Jane Evans, 115th and third female Vet 50 in 28:08; Austin Nyamande, 117th in 28:13; Teresa Stickland, 141st in 29:38; Alan Wellbelove, 149th in 30:16; Alison Bull, 154th in 30:22; Hossein Erfani, 155th in 30:26: Paula Miles, 158th in 30:57(PB): Anna Robey, 162nd in 31:03; Sandra Webber, 202nd in 33:51; Sharon Brooks, 257th in 40:26; Stewart Brown, 267th in 41:52 and Karen Kitson, 276th in 44:41.

There was a superb result at the Gunpowder parkrun in Waltham Abbey for Michael Woodruff, who finished in seventh place out of 264 finishers and was first Vet 55 in a speedy 19:13, Graham Saville was 43rd and first Vet 60 in 23:13, Andrew Smith came home 68th in 25:13 and Spencer Brooks 76th in 25:148

At the Hackney Marshes parkrun, Paul Schroder finished in 40th place out of 425 finishers in 20:06 (PB), Louise Kedge was 156th in 23:58(PB), Ben Usher 158th in 23:59, Gail Nicholls 175th in 24:31(PB) and Wendy Schroder 186th in 24:59.

The Bishop's Stortford parkrun saw Jason Haigh come home in 22nd place out of 406 finishers in 20:57, David Page was 131st in 25;46, Justin Patten 166th in 27:01.



